



**4 H** (Hops, Herbs, Health and Happiness)

## **Community Garden Project**

**We are looking for volunteers who are interested in what we do and want to support our aims and can commit some of their free time to joining in and supporting our new community centre garden project.**

**What we are looking for**

- 1) **Volunteers who can support older people** attending our Monday to Friday Lunch Time Club to engage in gardening activities in our new 4H (hops, herbs, health and happiness) Community Garden.
- 2) **Community Garden volunteers** who can support us and contribute to the setting up, maintenance and development of our 4H community garden

**We are looking for volunteers who;**

- Are reliable and have good time keeping skills
- Have good communication skills
- Are enthusiastic and keen on gardening
- Are willing to learn with us
- Can offer their skills and experience to enhance what we do

We will offer advice, support and training to carry out the volunteering roles. We provide induction and support so that volunteers can work safely within and understand the policies and procedures used by the community centre.

Contact:

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Lunch Club Coordinator

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Yerbury Road, London N19 4RS

## **Volunteer Role - Community Gardener**

ACCOUNTABLE TO: Lunch Time Coordinator / Caretaker

Time Commitment: 2 – 3 hours per week

### **TASKS**

Tasks can be variable depending on the season, needs of the garden and weather and can include:

### **Engaging with and supporting local residents with the general up keep of the 4H community garden including:**

- a.) Planting out, gathering and sowing seeds
  - b.) Pruning, weeding, deadheading and general care of beds and borders
  - c.) Watering of the garden as required
  - d.) Grass cutting and edging
  - f.) Supporting elderly people gardening on raised beds under supervision.
- 2.) Maintaining good Health and Safety practices
  - 3.) Helping to maintain clear signs and labels around the gardens to educate and inform members & visitors
  - d.) Keeping the community garden free of rubbish, weeds and leaves

### **Benefits**

- Bus fares
- Training & support through Octopus Community network “We can grow” project and their trained volunteer champion
- Lunch from daily set menu in our community café (requires a daily minimum of 3 ½ hrs work commitment)
- Written & oral reference (minimum period of 6 months)

## **Volunteer Role - supporting older people to engage in community gardening activities**

ACCOUNTABLE TO: Lunch Time Coordinator / Caretaker

Time Commitment: 2 – 3 hours per week

Sessions run at lunch times Monday to Friday and we are looking for volunteers who can make a commitment of at least one session per week so that they can build up supportive relationships with the local elderly residents

### **TASKS**

Tasks can be variable depending on the season, needs of the gardeners and weather and can include:

#### **Engaging with and supporting local residents to access the community garden including:**

- a.) Setting up for activities such as getting gardening equipment ready for use
- b) Planting out, gathering and sowing seeds
- b.) Pruning, weeding, deadheading and general care of beds and borders
- c) Watering of the garden as required
- d) Harvesting
- e) Composting
- f) **Maintaining good Health and Safety practices and doing activities safely**

### **Benefits**

- Bus fares
- Training & support through Octopus Community network “We can grow” project and their trained volunteer champion
- Lunch from daily set menu in our community café (requires a daily minimum of 3 ½ hrs work commitment)
- Written & oral reference (minimum period of 6 months)