

Volunteer Role Description

Solace Women’s Aid supports women and children in London to build safe lives and strong futures, free from domestic and sexual violence and abuse.

Role Title	Gardening Group Volunteer
Service	Multiple Disadvantage Supported Accommodation
Work Place Supervisor	Wellbeing Group Worker
Location	Camden
Commitment	1 day per fortnight on Tuesdays or Wednesdays
Duration	Minimum of 3 months
Role Description	<p>We are looking for volunteer to work with residents at our refuge to maintain our beautiful and spacious garden. The women we support here have experience multiple disadvantages, which can include experiencing VAWG (Violence Against Women and Girls) such as significant mental health support needs and/or problematic alcohol and/or substance use. We believe that spending time in nature, socialising and working together on a shared project is beneficial for mental and physical health, as well as building positive connections between residents in the house. Ella House is trauma-informed service and endeavours to give the women opportunities for personal agency over their own space. You will work alongside our Wellbeing Group worker to support the delivery of these sessions.</p> <p>Tasks may include:</p> <ul style="list-style-type: none"> • Maintaining and improving the beauty of our outdoor garden space. • Supporting the facilitation of gardening activities which could include planting and nurturing trees, bushes, flowers, shrubs and other greenery. • Tasks may also include other landscaping activities such as building rockeries, shelters, etc. • Helping to create wellbeing areas in the garden which might include herb gardens, vegetable patches or sheltered quiet spaces. • Providing supportive encouragement, enabling residents to recognise their self-worth, gain self-confidence and improve their social skills. • Supporting clients to learn practical skills that may lead to voluntary work or employment. • Carrying out standard gardening maintenance including cutting the grass, managing weed control

	<p>and leaf raking.</p> <ul style="list-style-type: none"> • Explore possibility of using garden materials for therapeutic craft activities. • Providing guidance to the team on matters related to the garden. • Making recommendations to the team regarding tools, plants and back garden necessities. • Ensuring a secure environment for clients and workers by adhering to health and safety polices.
Benefits to the volunteer	<ul style="list-style-type: none"> • Using gardening skills to gain experience of supporting women with multiple needs in a trauma-informed way. • Gain a better understanding of the impact of domestic/sexual violence on women and children and how a refuge operates. • Join a positive, motivated and enthusiastic team of women making a difference in people's lives.
Skills and Qualifications Required	<ul style="list-style-type: none"> • Enthusiasm for and a keen interest & knowledge in horticulture. • Patience, tolerance and understanding. • The ability to relate positively and respectfully to people, with a non-judgemental attitude. • The ability to encourage and motivate. • The ability to share various gardening related skills. • The ability to make the most of limited or non-existent budgets. • Basic awareness of mental health issues and substance use. • Self-motivated - able to carry out tasks unsupervised. • Flexibility regarding variety of tasks associated with the role. • An interest or understanding of working with women affected by domestic/sexual violence/mental health/substance use. • Ability to maintain confidentiality. • Reliable and good time management. • Willingness to work collaboratively and flexibly. • Awareness of health and safety issues.
Training Opportunities	<p>Volunteers will be able to access Solace Women's Aid's induction and internal volunteer training programme. Full support will be given to help volunteers understand and carry out any aspect of the role as appropriate.</p>
Expenses	<p>As per our Volunteer Policy we will reimburse reasonable travel and lunch expenses. Travel expenses will be reimbursed at a maximum of £20 a day. Agreed lunch expenses up to a maximum of £5 will be reimbursed for those</p>

	volunteering for over 6 hours in a single day.
Lived Experience	Solace recognises the expertise and perspective that women with lived experience bring to their volunteering roles. We also recognise the potential for re-traumatisation that may occur whilst volunteering. We will therefore consider each volunteer opportunity on a case by case basis, with a focus on the suitability of that individual for that specific role. Suitability for the role will be determined by the Service Manager at the point of interview and will not be solely based on the length of time elapsed since receiving a service. Women cannot volunteer for a service in the same borough as where they received Solace services.
For more information contact	Volunteer Coordinator Email: volunteering@solacewomensaid.org Call: 020 3795 9220

At Solace we are committed to creating a diverse and inclusive environment for our volunteers. The Service Users we support come from all backgrounds and we want to reflect that in our volunteering team.

We are happy to consider any adjustments you might need to support you in your role or in completing this application form. If you would like to discuss this further with the volunteer team, please contact us at volunteering@solacewomensaid.org. This will not affect your application.