

Gardening for wellbeing volunteer

The Horniman Museum and Gardens has been open since 1901 when the tea trader and philanthropist, Frederick Horniman, first opened his house and extraordinary collection of objects to the local community. Since then, the Museum has grown significantly and includes internationally important collections of Anthropology and musical instruments, as well as an Aquarium, a Butterfly House and Natural History Gallery – all surrounded by 16 acres of beautiful Gardens.

**Main purpose**

In this role, volunteers will assist the community team with the delivery of a weekly outdoor course in the Horniman Gardens, designed for local people who are socially isolated and/or enduring mental ill health. There will be range of activities each week, with hands-on things such as gardening and crafts as well as more mindful sensory activities or simply spending time in nature. People will be free to choose what sort of thing they’d prefer, do as much or little as they like, and choose to do things on their own or with other people.

Tasks include:

* Helping people to access a range of outdoor activities, from physical assistance to helping explain things
* Joining in activities as a member of the group, along with staff and participants
* Developing and co-delivering outdoor activities yourself if you have an interest in doing so (not mandatory)
* Helping to set-up and pack-down sessions (please note this will involve physical tasks such as carrying and transporting equipment)
* Making people feel welcome and comfortable to contribute as much or little as they like
* Helping people navigate the Horniman Gardens, accompanying and guiding where appropriate
* Listening sensitively to people’s experiences and stories where they come up

**Level of commitment**

For this role we require a commitment of 10 weeks, every Thursday afternoon from Thursday 1st June to Thursday 10th August.

**This role would suit someone who**

* Enjoys meeting people of all backgrounds and needs
* Has an interest in nature and the outdoors
* Is a great listener and skilled in allowing people to feel heard
* Has an interest in using green spaces for health and wellbeing
* Is relaxed, laid-back and willing to go along with adaptions and deviations from planned activities
* Has lived experience in using outdoor spaces for wellbeing (not mandatory)
* Has experience in basic horticultural activities (not mandatory)

**Minimum age requirement:**

Due to its nature and location, this role is only open to those aged 18 and over.

**The museum offers volunteers**

* A supportive, learning environment and the opportunity to gain valuable experience
* Role specific training and support for the role
* Reimbursement of travel expenses within Greater London; lunch expenses are available if volunteering a full day
* Free entry to paid areas of the Horniman museum

**To apply**

Please contact **volunteering@horniman.ac.uk** to request an application form.

This role is selective, and we will hold informal interviews.

NB. Please mark Gardening for wellbeing volunteer in the subject line of your email.

**Closing date for applications:** 28 May 2023