

MOVE MORE GARDENING VOLUNTEER

Volunteers are at the heart of Macmillan in Lanarkshire. By choosing to join us as a Move More Gardening volunteer, you'll be doing something amazing for people at a difficult time. A cancer diagnosis and treatment can make people feel isolated and alone, with little energy and feeling low. The advice used to be "rest is best", however research shows that moving more can actually help recovery and improve symptoms. Culture North Lanarkshire is working in partnership with North Lanarkshire Leisure and Macmillan Cancer Support to deliver Move More North Lanarkshire; a programme of activity specifically designed for people affected by cancer. From gardening and walking groups to circuit and gentle movement classes, there is something for everyone.

About the role:

We want to make sure that everyone affected by cancer has access to appropriate physical activity opportunities and we need your help to achieve this. We are looking for people who are/have been affected by cancer to become gardening volunteers, working on community gardens. You don't need any prior gardening experience or knowledge; activities will be tailored to volunteers' preferences and abilities.

Location, days and times:

We plan to run gardening projects with Summerlee Heritage Centre and Maggie's Lanarkshire. Specific days and times are still to be agreed.

Activities will include:

- Working with other volunteers and/or centre staff to identify gardening projects and tasks within the centre
- Working at your own pace and within your own abilities
- Supporting your fellow volunteers
- Attending training and support sessions

Whether you want to potter about or get stuck in with some digging, have green fingers or are an enthusiastic novice, you'll be able to join in with our gardening programme. Some activities can be completed sitting down, eg making hanging baskets, or without bending down, eg raised beds.

Training and support:

You'll receive full training and support to give you the skills needed to carry out this role. You'll have access to a yearly learning programme to support you in your role and develop your skills. Regular ongoing support is available from the project team.



Benefits to you:

- Be part of a friendly, enthusiastic team of people and get more involved in your local community
- Use and develop your skills, enhancing your CV
- Full training and induction for the role which covers your duties, our code of conduct, the needs of people affected by cancer and where to go if you need advice and guidance
- Participate in initial and ongoing training – individual and group volunteer support sessions will be regularly available
- Receive agreed out of pocket expenses in line with our financial guidelines and procedures.
- Have a rewarding experience making a real difference to people affected by cancer in your community.

Qualities and skills required for the role:

- Enthusiastic about gardening
- Willingness to support others
- Willingness to undertake training required
- Open, warm and friendly manner
- Good communication skills
- Commitment to the role
- Non-judgmental
- Awareness of own limitations and boundaries

Training and support:

Volunteering roles with Macmillan in Lanarkshire require either a Standard Disclosure check or membership of the PVG Scheme (Protected Adults). We'll support you to complete the relevant paperwork during the recruitment process.

What's the commitment?

We ask that volunteers commit where possible to one session each week (approximately one to two hours).

Application forms can be found online at www.culturenl.co.uk/macmillan.

For more information contact our Volunteer Manager who will be happy to discuss your enquiry and the role in more detail, and answer any questions.

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