



# Mind in Kingston Allotment Project:

## Lead Volunteer Role Description

Mind in Kingston is a charity that supports people with a range of mental health issues in the Borough of Kingston upon Thames. We offer services throughout the borough, including Drop-in Cafes, Counselling, Art Therapy, Physical Activity groups, Floating Support, Mental Health Awareness Training and Advice & Information.

We are looking for experienced, enthusiastic and pro-active people to support the launch and delivery of our new allotment project; “Mind, Body & Soil”.

Our community allotment will provide a green, safe space for people to improve their mental wellbeing through ecotherapy. Gardening has proven benefits for reducing anxiety, depression and stress, reducing social isolation, improving physical health and healthy eating.

The project will be open to anyone who lives, works or studies in the borough of Kingston with a mental health issue. The project is being relaunched after a three-year closure, so this is a great opportunity for those with established experience of horticulture, to be involved in the shaping and delivery of a new community mental health service.

### We are looking for someone with the following skills and abilities:

- Experienced in running an allotment, garden or horticultural based setting.
- Confident in your experience, to the level that you could guide others with gardening skills and assist in decision making regarding the ongoing development and maintenance of the community plot.
- Have an awareness of mental health and mental health conditions
- Have experience of working as part of a team
- Have basic ICT skills to support with gathering data and feedback from participants
- Able to uphold health and safety, confidentiality and safeguarding procedures with the support of the Mind in Kingston staff team.

### Desirable:

- A working level of spoken English and good communication skills

- An awareness of local wellbeing support services, including Mind in Kingston's offerings, so as to offer signposting information and services where appropriate to benefit the mental health and wellbeing of participants.

### **What you'll be doing:**

- You'll become a member of an active group of Mind in Kingston volunteers who will lead and make group decisions on the development and maintenance of the community plot.
- You'll ensure that all tools, equipment and gardening materials are returned to the shed at the end of each session, ensuring that the gate is closed and locked upon arrival and leaving.
- As a volunteer you might find yourself working with a small group of participants or providing one-to-one support to people who want to get involved in the project, but maybe lack confidence or just don't know where to start.
- You'll help to guide participants, share gardening tips and build people's confidence by encouraging and motivating them.
- You'll ensure that our health and safety, confidentiality and safeguarding procedures are upheld, with the support of the Mind in Kingston staff team.

### **What you can expect:**

- A friendly welcome in a safe, non-judgmental environment
- To be treated with respect, and for issues to be treated sensitively and confidentially
- To have access to regular sessions at the allotment where you will be met with other Mind in Kingston staff and volunteers
- To receive a share of the produce we have grown
- To be able to give feedback, and raise any issues or concerns without fear of reprisal
- To have relevant Policies and Procedures made available to you upon request
- To receive group supervision, have access to training and be part of a friendly team of staff and volunteers.



### To apply:

Please download the volunteer application form from our website.

Please complete and send to [racheldykins@mindinkingston.org.uk](mailto:racheldykins@mindinkingston.org.uk)

We encourage and welcome applications from people with lived experience of mental health issues and/or those from racialised or marginalised communities.

You will be required to undergo an enhanced DBS check.

If you have any questions or accessibility needs, please feel free to contact  
Rachel at: [racheldykins@mindinkingston.org.uk](mailto:racheldykins@mindinkingston.org.uk)

We look forward to hearing from you!

**Mind in Kingston**

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