



# GREEN SPACES ACTIVITIES VOLUNTEER

Adult Mental Health Rehabilitation Services

## Location

*Park Road Houses, Whitchurch,  
Cardiff*

## Reports to

*Park Road Manager*

## Accountable to

*Voluntary Services Team  
Manager*

## Time Commitment

*Minimum of 2 hours per week  
Mon - Fri between 12:00 - 19:00,  
Sat - Sun between 12:00 - 17:00  
for at least 6 months*

## Required Checks

*DBS (criminal Records Check)  
Occupational Health check  
Two References*

## Expenses

*Reimbursed travel to/from  
location on day of volunteering*

## PERSONAL REQUIREMENTS

- To have excellent listening skills and be non-judgemental.
- To be confident when communicating with service users, visitors, staff and general members of the public.
- To be enthusiastic about the aims and work of Cardiff & Vale UHB.
- To display levels of empathy and understanding at all times.
- To be presentable, smart and always wearing UHB Volunteer uniform and ID badge.
- To recognise when to refer issues and questions to UHB staff.

**You must be 18 years old or above to volunteer in this role**

***This role is not appropriate for those with lived experience of the mental health wards.***

## AIM OF ROLE

Park Road Houses is a 14-bed community rehabilitation unit, which has developed a Food Growing Garden and outdoor engagement space. This provides patients with an opportunity to connect and engage with nature, nurturing plants, and supporting local wildlife. Accessing and participating in the development and maintenance of the garden helps foster a sense of responsibility, teamwork, and accomplishment among patients; creating a supportive community where they can connect with one another and celebrate their successes together.

Volunteers will be assisting patients and staff in the garden, encouraging patients to enjoy and engage with the food growing and garden activities, utilising their own interest/knowledge of green spaces and food growing to inspire others. Volunteers will also be supporting staff with sensory/mindfulness activities in the space and in the unit.

Volunteers need a good understanding or interest in gardening for health and wellbeing/garden activities/biodiversity/horticulture.

## MAIN TASKS

- Supporting staff to facilitate activities such as food growing, relaxation and sensory activities outside
- Helping patients in the garden with planting and general plant, vegetable and herb plant care.
- Spending time with patients in the garden socialising or doing outdoor activities
- To treat all service users with dignity and respect
- To follow safeguarding policy and procedure
- Provide feedback to staff
- To inform staff if a service user becomes unwell
- To support service users to engage in sessions by prompting and providing reassurance and guidance

***This role requires regular commitment to volunteer each week to build familiarity with patients***

*Volunteers will be treated inclusively by the Voluntary Services Team and the Activities Team and will be offered ongoing supervision and guidance.*

## IMPORTANT BOUNDARIES

This role does not include medical intervention or counselling. This role does not involve shadowing clinical staff. Volunteers will not be carrying out any clinical tasks or clinical interactions.

## TRAINING AND SUPPORT

Volunteers will need to undertake Cardiff and Vale University Health Board Training and Induction as well as an appropriate level of manual handling and violence and aggression training. Training needs will be identified through the supervision process and met through Cardiff and Vale UHB Training Programmes.

## BENEFITS TO THE VOLUNTEER

This role offers:

- Experience of team working.
- Satisfaction of assisting others and providing an invaluable volunteer service to the Health Board and Community.
- An opportunity to develop personal skills and experience.
- An opportunity to develop communication skills further.
- An opportunity to develop knowledge about communication difficulties.
- Reference on request (only available once you have volunteered for six months)

## PERSON SPECIFICATION

Criteria	Essential	Desirable
Understanding the importance of confidentiality and following procedures	X	
Experience of working in a health care setting		X
Excellent communication skills	X	
Understanding of, or interest in gardens/allotment spaces and use in mental health	X	
Ability to speak Welsh		X
Ability to work on own initiative and as part of a team	X	
Reliable and punctual	X	
Available to volunteer for the required times shown	X	
Calm, enthusiastic and outgoing	X	
Experience of volunteering		X
Experience of befriending		X
Willingness to undertake training	X	

Kind and caring  
Caredig a gofalgar

Respectful  
Dangos parch

Trust and integrity  
Ymddiriedaeth ac uniondeb

Personal responsibility  
Cyfrifoldeb personol

