

## **Solent Mind - Role Description for Volunteer**

**Role Title:            Forget Me Nots (Dementia Gardening Project) Volunteer**

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**Location:            Mayfield Nurseries, Southampton**

**When:                Starting September 2017 – Ongoing**

**Commitment:        Wednesday and/or Friday Mornings 10am to 12.30pm  
required**

**Requirements:**

To help support people in the early stages of dementia to undertake gardening activities and socialise with their peers.

**Role Purpose:**

Main responsibilities will be:

- To provide additional support to the member of staff for people requiring assistance and encouragement.
- Assist people with dementia in gardening activities using a person centred approach.
- Encourage conversations and group discussion.
- Promotion of the service in the wider community.

**What's in it for you:**

You will work as part of a team in a friendly environment gaining experience in person centred planning and approaches to mental health support.

You will be fully supported and learn new approaches with on the job training on a totally new approach to dementia work in Southampton.

**Why we want you:**

Mayfield Nurseries is a small charitable social enterprise and volunteers play an integral role in helping to run our service. This volunteer role will give vital support to this part of our service.

**Additional Notes:**

Training in dementia support and safeguarding vulnerable adults will be provided

**For further information about the role please contact:**

**Rachel Hampton at Mayfield Nurseries on 023 8044 7743**

<p>Date role originated: 24.9.2014 Created by: Rachel Hampton Reviewed sept17 – D Bizley</p>
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