

Gardening Group Volunteering – Recovery Programme

Date and timing: Mondays & Fridays – 9.45am to 12.00pm

Address: The Connection at St Martins, 12 Adelaide Street, London WC2N 4HW

Number of volunteer per session: 1 or 2

By joining the Recovery Programme team, you will contribute to a positive and relaxed environment, invaluable to people who live on the street.

ON ARRIVAL:

Press the buzzer for Reception, let them know you are here to volunteer with the Recovery Programme and ask for **Steve Huddleston** (Recovery Programme Manager). You will be on the first floor where you can store your belongings in the locker area.

YOUR ROLE

The group maintains about 28 large planters at the back of St Martins Church. The main focus is to develop our client's confidence through meaningful and therapeutic activity.

Our objective is also to make a better environment around the centre and training provide opportunities for the client group. The sessions are run by an experienced garden Tutor.

Tasks include:

- Basic maintenance and watering of the planters.
- Taking instruction from our experienced garden volunteers.

Please check the weather forecast and come wearing appropriate and comfortable clothing.

We will be working on a site with uneven ground, make sure you wear appropriate footwear and watch where you are walking.

By joining the Recovery Program, you will offer greatly valued skills and expertise that contribute to an integral part of the Connection service offer. The Recovery Programme delivers a wide range of activity groups which encourage clients to improve their well-being, discover new interests, learn new skills and increase their confidence and self-esteem. The

Recovery Programme helps people to recognise or rediscover their strengths, interests and talents, which we know is an important step in moving on to a meaningful, fulfilling life.

Last year, 353 people have taken part in, with our most popular groups and activities being the art room, the arts and crafts group, our IT support sessions, mindfulness and Discussion support groups.

BACKGROUND INFORMATION

The Connection at St Martins has been helping homeless people since the First World War and is one of London's largest homeless charities. At the Connection, we work with people, not for them, to help them to recognise their strengths and talents, improve their wellbeing, learn new skills and increase their confidence.

With society facing so many complex difficulties from isolation and poverty to refugee displacement we need to remain a beacon of hope to people on the edge, homeless and with nowhere to turn. We help thousands of people each year through delivery of vital services. Our services include: Street outreach, a Day Centre supporting homeless people with practical services, a Night Centre with access to Emergency Accommodation, advice so that homeless people can access housing and improve wellbeing and Enterprise and Employment team helping people to move into work, learning and volunteering.

To volunteer or if you have any questions, please contact Emmanuelle.Parre@cstm.org.uk / 0207 766 5555.

Thank you for your support