



Social and Therapeutic Gardening Volunteers Required

Enriching lives of older people through gardening

Ever wanted to get to know some of the amazing older people that live in your area? Or share your passion for gardening and nature with someone who spends most their time indoors? Well now's your chance!

Alive's is looking for green fingered people to becoming Growing Support volunteers, to assist with one of our fun and engaging gardening groups. Alive is the UK's leading charity enriching the lives of older people in care and training their carers. Our 'Growing Support' Social and Therapeutic Horticulture workshops connect participants to their gardens and allow them the chance to participate in a social group, helping to reduce social isolation and loneliness.

If you are friendly and have an interest in helping others to garden, this is the role for you. You will support our some of the most vulnerable members of your community to have fun while they continue their hobby. You will volunteer alongside an expert Social and Therapeutic Horticulture Facilitator to help care home residents access all the benefits of taking part in fun activities, whenever possible, outside in the garden.

Our autumn induction is taking place at The Create Centre in central Bristol, and we have two dates for you to choose from; Tuesday 16th October 10am – 12.30pm or Wednesday 17th October at 5.30pm – 8pm. Why not join our team of volunteers as the season changes?

Sarah Mountford, Volunteer co-ordinator is available to answer questions by contacting sarahm@aliveactivities.org or 0117 377 4756
For further information about Alive please see: www.aliveactivities.org.

Notes to editor and key Alive information

Alive is the UK's leading charity enriching the lives of older people in care and training their carers. Founded in 2009, Alive's vision is a world where older people live lives full of joy, meaning and opportunity.

We:

- Engage older people creatively through meaningful activity sessions
- Train and support care staff to enhance older people's wellbeing and deliver outstanding care at every opportunity
- Reduce older people's social isolation by connecting them to their local communities
- Speak up for the rights of older people in care to those with the power to improve their lives
- Depend on charitable donations to deliver our work