



## Volunteer for The Matthew Project and become part of our team

The Matthew Project is a welcoming and vibrant place for people in recovery from substance misuse, building community, support and skills.

Make a difference. Develop personal and professional skills. Enhance your CV. Support your studies. Meet new people. Feel good.

### Allotment and Wellbeing Team Volunteers

#### More than just the fruits of labour...

We have 2 allotments in Norwich and are looking for a team of volunteers who are interested in allotments, horticulture and wellbeing, sharing time and skills to help us with general allotment tasks and supporting people engaging with the Matthew Project.

#### Horticultural expertise can be basic or with flare! Enthusiasm and friendliness important.

As well as the practical side, volunteers may engage with service users to support their recovery by, for example, signposting to other activities and motivating individuals.

Volunteers may also need to interact with partner organisations, members of the public, other allotment users and individuals involved in our projects, and help support staff with applying health and safety policies.

#### Tasks may include (depending on your interests, availability and skills):

- to help initiate plans, develop and maintain an allotment.
- to support the delivery of practical horticulture.
- to support groups and individuals who are engaging with the Matthew Project.
- to engage with service users to support their recovery by, for example:
  - Signposting to other activities
  - Listening, supporting and motivating individuals
- to interact with partner organisations, members of the public, other allotment users and individuals involved in our projects.
- To develop schemes and share tips on matters such as composting, fork to food, ways to include plants in a bedsit, etc.
- or simply to help maintain the allotment when you need to feel the earth and enjoy the allotment!

#### Personal qualities are very important:-

- good listening skills
- positive attitude
- reliability
- good communication skills
- commitment to recovery principles



Out of pocket expenses will be reimbursed. References and a DBS check are usually required.

For further information please contact Sarah Nunn on 07810 656690  
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