**Volunteer Allotment/Garden Support**

Do you enjoy the freedom of working outdoors? We are looking for volunteers to support people with learning disabilities in their allotments and gardens.

At Options for Life, we have volunteering opportunities at our allotments/gardens.

**Volunteer role requirements:**

* Digging
* Weeding
* Mowing
* Planting
* Harvesting
* General tidying of our allotment/garden areas

**Skills required:**

We’re looking for a dedicated individual with some knowledge of gardening and/or food growing. Whether you’ve got skills and experience gained on an allotment or through growing at home, we would love for you to help us develop our allotment plots and gardens. We are looking for someone who is willing to work alongside Options for Life participants and other volunteers, to pass on their skills and knowledge to others.

**Time commitment:**

We are looking for a volunteer that will commit to at least 3 hours a week, between Monday and Friday.

**Training, support and benefits:**

* As an Options for Life volunteer, you will be given a full induction when you start.
* A staff member will support you throughout your time as a volunteer.
* We will offer you an opportunity to develop your skills and experience for a worthwhile cause.
* We will look to provide further training where possible.