



Role Description Volunteer Gardeners

About Foothold Cymru

Foothold Cymru is a social justice charity. We've been around for 30 years. Our vision is to create strong, cohesive communities where people can thrive not just survive.

We address causes and symptoms of poverty in West Wales, designing our services with those most affected.

- We:
- Provide practical support for those on low incomes e.g. community-led growing schemes, our mobile Food Forward Clubs and community stores, lending schemes for tools, clothes and toys store, uniform bank, laundry facilities and ICT facilities.
 - Offer learning opportunities for young people and adults both accredited training and practical skills such as DIY.
 - Provide support to help people get back to work.

Our vision is to create strong, cohesive communities where individuals have the power to thrive and not just survive; with dignity and social and economic justice for all. We work with people to help them build the life they want by enabling them to take action.

We live in an unequal society. In Carmarthenshire alone the poverty rates stand at 35% of households. Too many people still fall through the gaps and don't have access to the same opportunities. Poor mental health, inadequate education, addiction, a low income, lack of affordable and secure housing and insecure or no work all contribute to a life of hardship that can be very hard to change.

Come and join us as a volunteer to be part of the change.

We are able to provide a range of opportunities and you will help us make a real difference to people.



Foothold Cymru is a charity registered in England and Wales No: 1188969

The Lord Arthur Rank Centre, Trostre Road, Llanelli, SA14 9RA

**FOOTHOLD
CYMRU**
NEWID BYWYDAU CAM WRTH GAM
CHANGING LIVES STEP BY STEP

What will you be doing?

- Harvesting fruit, vegetables.
- Construction of garden structures e.g. - fruit cages, supports.
- Division and propagation of plants and planting.
- Watering and feeding plants, trees and shrubs.
- Hand weeding, hoeing, staking, deadheading, tying-in plants.

The list is endless. Most importantly you will be growing nutritious food and supporting the development of food resilience in Carmarthenshire.

What's in it for you?

- Friendship, support and fun. You'll build lasting relationships with your local community, other volunteers and our participants.
- Build confidence and feel good about yourself - your contributing your valuable time to a community led project.
- Increased physical and mental wellbeing.
- Gains skill to add to your CV and a reference if / when you need it.
- Opportunity to participate in fundraising activities to help raise vital funds to support our work.
- Time credits.
- Access to fresh produce.

How will we support you?

- One to one support as required - this can either be done face to face (currently socially distanced) or on-line.
- Continued skill development through access to our e-learning platform offering a range of courses for which you get a certificate.
- Out of pocket expenses for meals and travel.
- Support to move into employment or further training.

Extra information

Time Commitment: Flexible - as much time as you feel you can afford. Although, our gardeners are a keen group of people and can be found on site most days of the week, what's important to us is that you keep coming back and helping us.

Getting in Touch

Telephone Helen on 07539 881333, or email helenm@footholdcymru.org.uk



Cynllun Cymunedau y Dreth Gwarediadau Tirlenwi



Landfill Disposals Tax Communities Scheme



Llywodraeth Cymru
Welsh Government