



The Mental Health Service for our Community

Volunteer role description

Gardener

Organisation

Jami was established in 1989 by parents, relatives and friends of people who experienced mental health difficulties. In 2013 Jami became responsible for the community's non-residential mental health provision, creating a single mental health service for the Jewish community.

Symptoms of mental ill health affect all areas of our lives and can lead to social isolation, as we may withdraw from seeing friends and family, going to work or participating in hobbies we once enjoyed. Jami recognises the profound impact that meaningful connections can have on wellbeing and living a happy and fulfilled life, as well as how they can facilitate recovery and integration within the community.

Situated in the heart of our community, Jami's Head Room Café in Golders Green brings awareness and access to mental health support to the high street, helping to remove the stigma of mental illness and encouraging the wider community to talk openly about mental health.

Job Purpose

Jami is looking for a volunteer who can lend a helping hand at the Elliot Simmons Finchley Hub. This will include weeding, mowing the lawn, planting for all of the gardens including the front, sides and back of the hub, as well as general garden maintenance.

The person

For this role you will need to:

- Have gardening experience
- Be reliable
- Have an interest in and awareness of mental health
- Be able to commit to once every 2 weeks in the Spring and Summer, and then monthly in the Autumn and Winter months.

We can offer you

- Full training and ongoing support
- Flexible hours

A DBS check will be carried out. Jami is committed to safeguarding and we expect all our volunteers to share this commitment.

We welcome applications from Jewish and non-Jewish volunteers and from across the full spectrum of the community.

How to apply

To apply for the role, please email sophie.chappell@jamiuk.org