



Volunteer Role Description: Nant Caerau Sunflower plant

Project details: The primary school at Nant Caerau has a small sensory garden for the children. It consists of a large tree, surrounded by grass and several flowers. The children have created and hung several pieces of art along the tree branches. The project is looking at planting up some sunflowers around the grass near the tree and alongside railings as to be viewed from the street. The reason behind this is to commemorate the passing of the beloved headteacher Mr Jones, to facilitate the grieving process for both the children and the young people.

The volunteer will help to dig over the area in preparation of the plant, the dig will be done during half-term. We are looking for volunteers who would enjoy being outdoors, and supporting the wellbeing of the community. Previous gardening experience isn't necessary. Refreshments will be provided.

Volunteer Role: Well-being Volunteer

Project Lead – Rob Fuller

Venue: Nant Caerau Primary school

Time: Friday 30th May 1400 - 1530

Desired Skills:

- Enjoys working outdoors
- Ability to work as part of a team
- Ability to communicate with community members and staff
- Enthusiasm for health and wellbeing work
- Reasonably fit (due to digging)

Volunteer responsibilities

- To support all fellow volunteers and project lead
- Respect the area

Project lead responsibilities:

- To provide regular opportunities to discuss project ideas and give guidance and support to plan tasks and next steps
- To communicate any changes to process, task direction or activities
- To provide guidance related to the safety and appropriateness of any activities, including ensuring adequate staff support and supervision
- Responsible for safeguarding and overall health and safety