**Information Regarding Volunteering**

**Mires Beck Nursery**

Mires Beck Nursery is a registered charity with the primary object of providing horticultural training and work experience for its service users. Our service users are adults who have a range of disabilities including those with learning difficulties, and those who are recovering from mental health problems.

We welcome the involvement of volunteers because of the unique qualities they bring. Volunteers add value to the work that we do and enhance the care that we are able to offer our service users.

The list below shows some of the areas in which you could help:

* Supporting our service users
* Gardening
* Driving
* Maintenance
* Sales
* Cafe

Anyone aged 18 or above can volunteer with Mires Beck. It doesn’t matter what skills or experience you have, the background you’re from or how much time you can commit, everyone has something to give. All we ask is that if you are volunteering with our service users, you are patient and caring.

Volunteering with Mires Beck will enhance your current skills and knowledge and will also give you an opportunity to meet new people. If you are looking to get back into work volunteering is a great way to gain a reference and fill in any gaps on your CV. Volunteering is great for your mind and your body; it increases your self-confidence, it combats depression and it helps you stay physically healthy.

If you are interested in volunteering with Mires Beck Nursery please contact Anna Nicholson, HR Assistant. Anna can be contacted on (01430) 421543 or anna@miresbeck.co.uk Anna will arrange a mutually convenient time for you to visit Mires Beck. You will be given a tour of the site and will meet some of our service users, volunteers and staff. Anna will also talk to you in more detail about volunteering with Mires Beck, opportunities available and the recruitment process.

Mires Beck Nursery

Low Mill Lane

North Cave

Brough

East Riding of Yorkshire

HU15 2NR

www.miresbeck.co.uk