

Community Buddy

Volunteer Role Description

Location:	SIG Penrose Roots
Requirements:	Volunteers in this role must be over 18. Volunteers in this role are subject to an Enhanced DBS Check and two character references.

What we need your help with and why it matters

We are looking for friendly, enthusiastic volunteers to help our new members feel more connected and confident in attending their local green activities. Whether it's joining a current Roots group or accessing opportunities with other nature and outdoor-based projects, your support can make a real difference to someone's wellbeing.

Starting something new can feel a bit daunting, and that's where you come in! You'll help them to access nature-based activities, make a plan to get started, and go along with them if they'd like some company. You might continue attending with them until they feel confident going on their own approx. 4-5 weeks. It is all about helping them take those first steps and your encouragement can help them build confidence to make positive changes in their lives and bring them joy!

What is the commitment?

Because building trust and relationships takes time, we're looking for volunteers who can commit to supporting members regularly — ideally between 4 and 10 hours a week, for at least two months. This consistency helps create a stable and supportive environment where real change can happen.

Volunteering must take place during the service's working hours (Monday- Saturday 10 - 3), but there's flexibility within that. We will work with you to find a schedule that fits around your life and the needs of the service.

What skills and experience are needed for this role?

We're looking for volunteers who are compassionate, proactive, and ready to make a difference! If you're someone who can support people going through complex personal situations with empathy and without judgment, we'd love to hear from you. We also welcome volunteers with lived experience of mental health, social care, or recovery-focused services, as well as those who've worked in caring roles or supported loved ones. Your insight and understanding can be incredibly valuable.

You'll need to be confident in planning days and journeys in and around Luton independently, and have a positive, encouraging attitude to help others step outside their comfort zones and try something new.

What you can expect from us

To support you and set you up for success in your volunteering role with us, you can expect that we will:

- Work with you to find a volunteer arrangement that works for you and for the service.
- Provide necessary training, information, and guidance needed to understand the context of our services and to keep you and residents and participants safe.
 - Debrief each session with you, encouraging reflection and addressing any concerns you might have.
 - Reimburse you for any pre-agreed expenses relating to your volunteering.

More information about us

Penrose Roots delivers community-based recovery services across Luton, from community gardens and social groups to bike maintenance projects. We work holistically, allowing individuals to engage at their own pace and gain meaningful benefits from their involvement.

The Volunteer Buddy role supports our Green Social Prescribing Triage system, helping individuals who have experienced long-term isolation or ill health to access and engage with green projects, build confidence, and reconnect with their community.

Penrose Roots Community based recovery services are part of the Social Interest Group (SIG). We are a leading UK charity providing bespoke person-centred health and social care services. Our mission is to empower independence through trauma-informed solutions and dynamic partnerships that keep people out of prison, out of hospital, and off the streets. Our people and values of ambition, empowerment, transparency, and inclusivity drive everything we do. You'll be joining a growing team of volunteers in a variety of roles across the Group who add meaningful value to the experiences of residents and participants in their services – we would love to have you to the team!

Contact details

For more information about this role, please contact:

- Project Lead, Martin Cummins: Martin.Cummins@socialinterestgroup.org.uk or
- Service Manager, Samantha Smith : samantha.smith@socialinterest.org.uk

For information about further opportunities to volunteer available across Social Interest Group please contact the National Volunteer Manager, Zoe Oliver: zoe.oliver@socialinterestgroup.org.uk

