

# Volunteering in Nottingham's Parks and Open Spaces



Welcome to the team! We greatly appreciate you offering your valuable time, skills and experience. We hope you gain as much benefit from volunteering with us as the parks and open spaces will from the hours you put in. Your hard work will offer you the chance to learn new skills as well as have fun meeting new people, connecting with your community and improving our environment.



Nottingham  
City Council

### **What to expect at the volunteer session:**

- A member of staff from the parks team will be leading the session. They will ask you to complete a signing in form for covid-19 track and trace, and monitoring purposes.
- The staff member leading the session will give an introduction to the task and a tool talk.
- The staff member will be working alongside you at the session and will be able to help with any queries or issues you might have.
- You will be provided with your own tools and gloves (if you do not have your own) which will only be used by you during the session.

### **What to bring with you/wear:**

- Wear suitable outdoor clothing – warm and waterproof. Make sure they are clothes you don't mind getting dirty!
- Wear suitable sturdy shoes, again something you don't mind getting dirty!
- Please bring a pair of gardening gloves if possible. You will be issued with a pair if you do not have any (which you can bring to future sessions).
- If you want to bring your own please bring appropriate tools for the session. Your confirmation email will confirm what tools are suitable for the session you have booked.
- Refreshments. Normally we would provide refreshments for volunteers but during the covid-19 restrictions we ask that you bring your own.
- Bring a smile and a willingness to get stuck in – you are all doing something great for your local green space. The session should be an enjoyable experience 😊

# COVID-19

***Please check the NHS website for up to date information on Covid-19 symptoms and .gov website for local guidance, advice and law.***

## Symptoms

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

## Self-Isolation and Shielding

- Staying at home (self-isolation): If your symptoms are mild, you'll be advised to not leave your home for at least 7 days. Anyone you live with should not leave your home for 14 days.
- Shielding is recommended if you are extremely vulnerable, even if you are not displaying symptoms.

***If you are showing coronavirus symptoms or are under a period of self-isolation please do not take part in volunteer activities.***

## Recommended PPE List for all Volunteers

- Fully charged mobile phone in case of emergencies
- 1 set of gardening gloves per person – please take great care when taking gloves off not to touch the outer parts and to not touch your face.

- Hand sanitiser

### During the volunteer session

- Please ensure you have completed a signing in sheet for track and trace purposes.
- Please ensure you adhere to social distancing and keep at least 2m from other volunteers
- Please only touch your tools for the session
- Please follow any instruction from the person leading the volunteer session

### After the volunteer session

- When you return home please ensure you wash your hands thoroughly. Please also sanitise your gloves and tools.



**COVID-19  
Prevention  
Please wash  
your hands!**

If you have any questions or concerns about volunteering or PPE relating to Covid-19, please get in touch with us at [parks.volunteering@nottinghamcity.gov.uk](mailto:parks.volunteering@nottinghamcity.gov.uk) or speak with the member of staff leading the volunteer session.

Finally:

- If you have any queries or issues please contact [parks.volunteering@nottinghamcity.gov.uk](mailto:parks.volunteering@nottinghamcity.gov.uk) or call 0115 9152733 or speak to the volunteer session leader on the day.
- We welcome any feedback from your volunteer experience.
- Enjoy your volunteer session!
- If you would like to find out about future opportunities please visit <https://www.parksfornottingham.co.uk/areasofwork/volunteering> or sign up to the volunteering mailing via the signing in sheet at the start of your session.



**Thank you for your time to help make  
Nottingham's parks and open spaces great!**