



Volunteer Information Pack: Item 1

About Volunteering at Compass

Introduction

This information is for anyone who wants to volunteer at Compass and for parents / guardians of young volunteers.

What is Compass?

Compass is a project of the medical charity Camphill Wellbeing Trust:
www.camphillwellbeing.org.uk

In September 2020 we took on to transform the former Waldorf school site at Craighton Road, Cults, Aberdeen into a centre **demonstrating practical solutions for healthy, sustainable living**.

The mixed natural environment of Compass, with its woodland and garden areas, offers a wide range of opportunities for:

- fruit, vegetable & flower growing
- working in & enjoying the outdoors
- observing & encouraging wildlife, including beekeeping

We aim to support the environment, using organic methods onsite, reducing waste and promoting the circular economy – repairing, reusing, repurposing and recycling waste as much as possible.

We also have 4 buildings onsite which we are sustainably refurbishing. These give additional opportunities for those with suitable skills to help the project.

In this way we take care of Compass as it takes care of us - providing a space for people to connect with themselves, others and nature.

You can find out more about the project and its progress so far on our website: www.compassaberdeen.org.uk

Volunteering at Compass

Who can volunteer?

Volunteering at Compass is **for everyone**.

Volunteering is great for:

- ✓ individuals
- ✓ corporate groups [away days, team building]
- ✓ school groups
- ✓ award schemes such as Duke of Edinburgh & Saltire

Why volunteer?

Benefits

Volunteering at Compass has many benefits. It can help you:

- ✓ **Make a difference:** helping transform Compass for everyone in the community
- ✓ **Improve your wellbeing:** by working outdoors in beautiful surroundings
- ✓ **Develop skills:** discover new talents or build on skills you already have
- ✓ **Build confidence:** try something new and gain a sense of achievement.
- ✓ **Learn about healthy, sustainable lifestyles:** through our practical hands-on experiences
- ✓ **Meet new people:** people of all ages and from different backgrounds volunteer at Compass
- ✓ **Join our Compass community:** working together towards common goals
- ✓ **Help the planet:** we care for Compass land organically and re-use/recycle as much as possible
- ✓ **Have fun!:** At Compass we aim to make sure that everyone has a good experience

Research has shown that **gardening** and **outdoor activities** as well as just **being in nature** can be **hugely beneficial** to improve **physical** and **mental wellbeing**. Feedback from our current volunteers indicates this too:

*It really helped me **build my confidence** after being at home during lockdown feeling a bit isolated and purposeless. It has been great to be a small part of such a wonderful project.*

I personally felt the benefit in the sense of mind wellness. I have had a number of family bereavements over the last two years, which has been unimaginable and there is a peace and tranquillity within the site which cannot be replicated, and it originates from the genuine kindness and positive energy you and your colleague project.

Are there any other benefits?

As a volunteer of Compass, you will have access to:

- ✓ **seasonal, organic fruit, vegetables & herbs:** to try onsite and enjoy at home.
- ✓ **plants, seeds & seedlings:** for your own home growing space

These are all available to order or from our onsite pop-up shop.

Awards:

Work towards an award: At Compass we support young people working towards Duke of Edinburgh / Saltire and other award schemes. For available session times, see '*What volunteering sessions are available at Compass?*'

Becoming a volunteer

How do I become a volunteer?

Step 1: Register as a volunteer by filling out our **online Volunteer form**. You can find this on our website: www.compassaberdeen.org.uk or by clicking [here](#).

The volunteer form is extremely important. It provides essential information about you including:

- emergency contact details
- any allergies, disability or health condition which may impact on the activities we can offer you.

This information helps us make sure your volunteering experience is safe and enjoyable.

If you need any help filling out this form, please contact us compass@cwt.scot or call on **01224 678830** for assistance.

Under 16s: If you are under 16, your parent or guardian will need to agree that you volunteer at Compass by signing our parental / guardian consent form. You will also need to be accompanied by a responsible adult or be enrolled on a recognised volunteering award scheme.

Step 2: Once we receive your form/s, we will be in touch by email to tell you about our next volunteering opportunities and arrange a date for you to start.

Do you have a volunteer policy?

Yes, we do. Get in touch and we can email you a copy: compass@cwt.scot

About Compass Volunteering

Where does volunteering take place?

Volunteering takes place at our Compass site on Craigton Road, Cults, AB15 9QD. Please refer to our '**How to find us**' guide in your information pack. You are expected to make your own travel arrangements to us. If you have difficulty with this, please get in touch as we may be able to help. We encourage the use of public / shared transport and active travel.

What volunteering sessions are available at Compass?

We hold regular weekday volunteer sessions:

Tuesday afternoon for award sessions: 15.30 – 16.30

Wednesday afternoon: 13.30 – 16.30

Thursday morning: 09.30 – 12.00

We also hold **monthly Saturday events**, usually the first Saturday of the month, from 09.30 – 16.00.

Find the latest dates on our website: www.compassaberdeen.org.uk or on our Facebook page: [@CWTCompass](https://www.facebook.com/CWTCompass)

We ask you to let us know if you are coming to a volunteering session so we can plan appropriate activities.

Volunteer sessions for young people completing awards:

You can come along to any of the above weekday or monthly Saturday volunteering events. If these times are not suitable, please speak to us and we will try and arrange a time that suits.

What if I can't make a session?

Please let us know **as soon as you can** if you can't make a session.

What to expect

What can I expect when I volunteer at Compass?

At Compass you will be offered volunteering activities that match your interests and skills.

During your first session, one of our Compass team will go over Compass Health & Safety, explain more about the project and discuss the type of activities that you will be involved in.

Activities are generally outdoors so will vary according to the weather and the season. Some examples include:

- **Gardening:** preparing ground, planting, potting up, watering, weeding, harvesting
- **Woodland care and monitoring:** pruning, collecting fallen branches, chipping wood, stacking logs, counting trees
- **Painting:** sheds, fencing, plant/tree markers and signage
- **Constructing:** raised beds, compost bins, green pathways
- **Equipment maintenance:** cleaning and storing handheld tools
- **Refurbishment:** helping strip out buildings prior to refurbishment

We also offer some indoor activities, for example, healthy eating sessions, food processing / cooking. We hope to offer more activities in the future such as beekeeping, upcycling furniture and candle making.

Are the sessions on a one-to-one basis or in a group?

Your session may be in a group, or you may be doing a more individual activity, depending on your abilities and preferences.

Compass staff greet you at the start of each session and suggest what volunteering activities are available for that day. They will also be there to help and support you to get the most out of your time at Compass. There are likely to be other Compass volunteers onsite when you are there.

What if I can't do a task?

Our Compass team will suggest suitable volunteering activities for you. They will give you any guidance or training needed, make sure you understand what you have been asked to do and how to do it safely.

Should you feel uncomfortable with or have concerns about an activity, let the Compass staff know so they can suggest an alternative.

What should I wear to my sessions?

Sessions take place largely outdoors so dress with this in mind. Check the weather forecast each time you come and make sure you wear suitable clothes. Loose, comfy clothing is best with several layers that you can take off or put on as required. It's a good idea to wear older clothes that you don't mind getting dirty and **sturdy footwear**. Bring waterproofs for rain.

What equipment is provided?

Compass staff will provide you with any necessary additional protective items for your activities such as gloves or eye protection. Any tools you may require will be available onsite.

Onsite facilities

We have a volunteer hub with space for snacks / lunch in comfort, and toilet facilities. There is no drinking water onsite so please bring your own.

Please don't bring any valuables with you as there are no secure storage options onsite.

Allergies and medicines

You will have told us about any allergies you have on your Information Form but please remind the Compass staff of these when you come onsite, especially any that could occur outdoors e.g. bee stings.

Make sure to bring any prescribed medicines you may need during your session at Compass - for allergies or any other conditions.

How we are funded

Compass is funded by donations, fundraising and charitable grants through our charity, Camphill Wellbeing Trust.

Everything we do is thanks to the generosity of our supporters and funders.

You can help us to raise more funds for the project by:

- ✓ Completing the volunteering feedback form: to show our impact
- ✓ Telling others about us
- ✓ Making a donation or fundraising for us
- ✓ Encouraging your friends and family to donate or fundraise for us

You can donate by:

- **cash/cheque** into our donation box at Compass. You can also make **card donations** through our onsite Zettle card machine
- **bank transfer** into the CWT Compass Project account [*Camphill Medical Practice Ltd t/a CWT Compass Project*]
Sort code: **83 49 40** Account no. **10864783** Ref: **Your name**
- **online donation** via Local Giving:
<https://localgiving.org/charity/CWT/project/CWTCompass/>

We have a **fundraising pack** to help those who wish to fundraise for us. Please contact us on admin@cwtscot or 01224 862008 to find out more.

Please help us continue to develop Compass for the benefit of all.

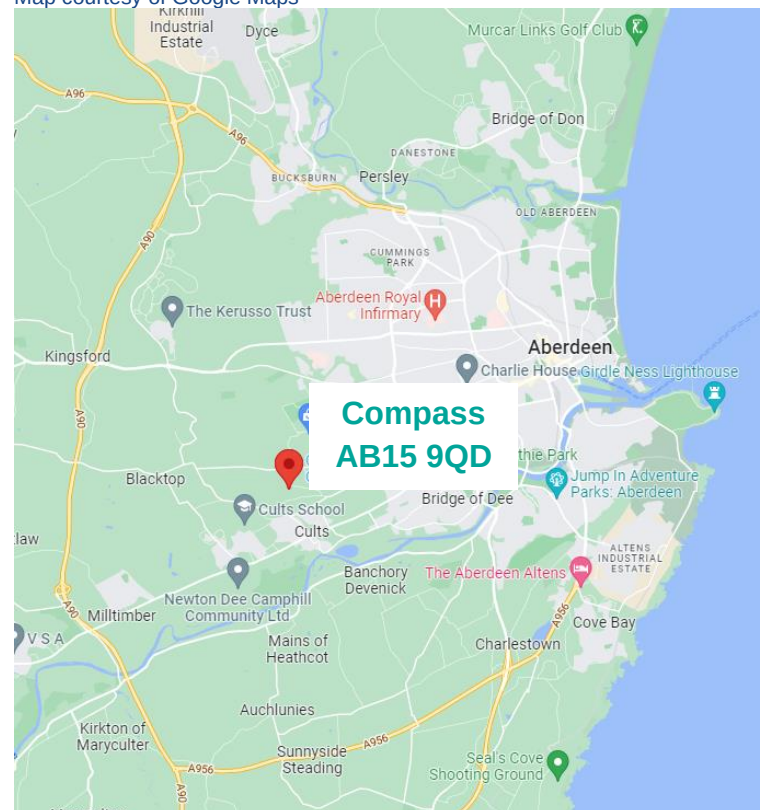
Contact us

If you need more information, please contact us:

Compass Project
North Point Office
Compass site, Craigton Road
Aberdeen AB15 9QD

01224 678830
email: compass@cwtscot

Map courtesy of Google Maps



Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd
A limited company registered in Scotland No.SC120539 Charity No. SC016291
Registered office: St John's, Murtle Estate, Bieldside, Aberdeen AB15 9EP