



COMPANY VOLUNTEERING

ABOUT OUR PROJECT



Volunteers are an invaluable part of the North Glasgow Community Food Initiative community, supporting all aspects of our work with marginalised and disadvantaged communities. Our core aims are to improve community health and wellbeing, and decrease social isolation. We support community members to reach their full potential and to develop skills, confidence, capacity and resilience.

Our community gardens are a space where people come together to grow fruit and vegetables, increase their environmental awareness, learn new skills, engage with physical activity and enjoy the benefits of fresh air in safe green spaces.





WHY VOLUNTEER?

Volunteering is a great way to bring your team together, taking part in hands-on rewarding projects that benefit both people and the environment.

You will learn first hand from our knowledgeable staff about biodiversity and how to care for green spaces, in a fun relaxed way. With three community garden sites to develop we are always looking for a helping hand.

We will help your team develop new skills and participate in team building; taking them out of their comfort zones, your team will see the clear impact of their work.

WHY VOLUNTEER WITH NORTH GLASGOW COMMUNITY FOOD INITIATIVE?

Our corporate enrichment days provide the perfect platform to get your team out of the office and into our green spaces where they can experience unique, environment-related activities.

Benefits include:

- Reward - a chance to give back to the community.
- Recharge and energise your team.
- Reconnect with the environment and nature for the day.
- Think creatively and deliver as a team.
- Gain new, transferable skills.
- Support from our knowledgeable and experienced staff.





WHAT DOES A VOLUNTEERING DAY INVOLVE?

No two volunteering days are the same and our Volunteer Coordinator will provide you with a specific itinerary for your team. A sample day:

- 10 am: arrive, sign in, overview of the project to be undertaken, health and safety briefing.
- 10.20am: let the fun begin!
- 12.30-1pm lunch.
- 1pm back to work.
- 3.30pm-4pm finishing up and clearing away tools.

Throughout the day there will be refreshments available, tea, coffee, juice.

NOT AN AVERAGE DAY AT YOUR DESK.



Volunteer days result in happier, more satisfied and motivated employees that feel proud to work for a company that takes their community responsibilities seriously.

Your team building activities will directly support disadvantaged individuals and families through improving, developing, and maintaining our community gardens. These are vital resources which provide accessible green spaces for wellbeing, learning and relaxation.

FREQUENTLY ASKED QUESTIONS



- **How much does a corporate day cost?**

Depending on the activity, prices start from £600 for small corporate groups of 8, please contact for more information.

- **Why is there a cost involved?**

As a charity the cost of delivering a meaningful, enjoyable day and safe activity for your team are covered. We need to include the cost of materials, staff costs and hiring of equipment if needed be.

- **What should I wear?**

We will provide you with guidance nearer the time depending on the activity you are doing. Protective and safety equipment will be provided the day if necessary. For outdoor work, weather appropriate clothing is needed.

**Please contact Maggie Dillon our
Volunteer Coordinator if interested in
our corporate days.**

**Contact at volunteer@ncgfi.org.uk or
07476141500**