



Redhall Walled Garden is a service of SAMH
dedicated to mental health & well-being for all
 funded by NHS & Edinburgh City Council

Corporate Challenge | 2009 Team Build

Your opportunity

This year, with your support we are focusing on the wider estate at Redhall; the area outside our historic listed red brick walls. We would like your help to further develop this area in managing the area for increased biodiversity through developing new, and improving existing habitats, greater public access, and long-term security. The long-term aim is to safeguard our beautiful green space in the heart of Edinburgh for future generations.

Volunteering opportunities at Redhall in 2009 may include

- Weeding and maintaining the Walk on the Wild
- Finish clearing snowberry and hazel coppice establishment
- Weed and cut back willow coppice
- Pathwork, creation and maintenance
- Habitat and Wildflower meadow creation

You gain

- A full day of exercise outside working on the Redhall estate – all levels of physical fitness catered for
- Training in the safe use of the tools and materials needed for the job
- Mental health awareness training – with question & answer session
- Getting to know your colleagues strengths and skills in a different environment
- The satisfaction of seeing the task completed and the chance to come back and see the results for years to come
- A role in developing the innovative and exciting community asset
- Unlimited tea, coffee and biscuits – well, until it runs out!



Boots Alliance

Who are we?

Redhall has been offering supported training in work based skills and mental health recovery, since 1983. We support over 50 people and have 8 members of staff. Our participants all work at least three days per week. For more information see our national website at www.samh.org.uk.



How you help us

- Manual work we can't otherwise manage with our time limitations
- Redhall estate plans involve increasing public access to 24 hours per day for walking and wildlife
- Combating mental health stigma – seeing everyone working together
- Enhanced environmental and social sustainability of the site
- Neighbourhood relations – with the site more beautiful and accessible
- Team-building – involving our trainees in work activities
- Developing friendships and partnerships
- Promoting health & well-being for all stakeholders
- Your support enables us to develop our ever more stunning estate for everyone to enjoy for years to come. This work does not fall within our normal remit.

The Costs

As we are not funded to run this programme we have to make it financially viable and sustainable. Therefore, for 2009 we have held the fee as follows:

£75 per head plus VAT (minimum of 10 people)

Where the money goes:

staff time required in allocating the job; relief staff; liaising with the team; collecting boot sizes; ordering and purchasing PPE; research and ordering of materials; risk assessments; health questionnaires (sent out and return); insurance check; general administration; a 30-minute SAMH Redhall presentation; feedback forms; any post-event follow-up. £50 of each team build goes into our external training budget to provide opportunities for our trainees to access external training in group leadership / conservation thus providing a career path. Redhall is a service of the non-profit-making mental health charity, SAMH.

What to bring

We will provide a room for your use all day, tea, coffee & biscuits, access to toilets, and the PPE (steel toecap boots and gloves). Please bring your own healthy packed lunch, warm outdoor working clothes, and the enthusiasm to get stuck in! Don't worry if this all seems very daunting, all levels of fitness are useful.

Contact

Please just get in touch to discuss your options informally, organise a site visit or set a provisional date – we offer a choice of two dates per month, preferably with at least two months notice:

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We look forward to welcoming you here soon.



The wonderfully friendly staff who were enthusiastic, knowledgeable and made the day great fun. The chance to be in beautiful surroundings."

feedback from HBOS volunteer

