



RECLAIMING SWANSEA'S SURPLUS FRUIT

Volunteer Role Title: **Volunteer Fruit Picker**

Purpose

By volunteering your time to pick fruit you'll be beginning the transformation of what would otherwise be wasted into delicious, nutritious food, starting it on its journey to the people who need it most.

Suggested activities

- Picking apples, and other tree fruit like pears, plums and damsons
- Picking fruit in different locations around Swansea using a picking pole (using a ladder is not essential, this role can be done while keeping feet on ground at all times)
- Putting fruit into boxes or crates
- Loading crates into a vehicle to be taken to a FareShare Cymru pickup point (not mandatory—we know that everyone is different and moving the boxes is ultimately the Harvest Leader's responsibility so no pressure.)

Time scale

We will be scheduling fruit picking on different days both in the week and during the weekend, during the harvest season of late August to early November. These events will take place between 10:00 am and 6:00 pm.

Site

We'll be picking fruit in a range of outdoor locations, including parks, gardens, the grounds of businesses and common land. Most of our sites are within an eight kilometre radius of Swansea City centre.

Supervision

On site by the Harvest Leader during the fruit picking event. Access to the project manager by phone or email.

Qualities

Enthusiastic, collaborative, able to use (when trained) a 3.5 m picking pole if picking apples or pears (the poles are modular so they can be made shorter but if they're too short they won't be able to reach the fruit).

Benefits

- Full induction training including safe use of picking poles and ladders and manual handling training for lifting boxes safely (lifting fruit boxes or use of ladders isn't mandatory).
- Reimbursement for your travel expenses using public transport.
- Safety equipment (hard hats and hi-vis vests) provided.
- Fun! Taking part in an outdoor activity with like-minded people.
- Fruit! Please bring a carrier bag, or some other container with you to take some home.
- Sense of achievement: when we've finished picking we'll weigh the fruit, so you'll know exactly what you've picked.

- Experience contributing to a new, low carbon, food source for Swansea.