**Volunteer profile— David Grounded Ecotherapy Volunteer**

“I have been volunteering with Grounded Ecotherapy since 2009 and was referred by my Support Worker at the time. My main responsibility is to water a rooftop garden Grounded built in 2011 and have since maintained on top of the Queen Elizabeth Hall at Southbank. There is no irrigation system and so it is very important especially during the hot weather that I am there to water and keep our variety of plants and trees alive and thriving.

***What do I get out of volunteering?***

I have an interest in gardening and since volunteering with Grounded I have learnt about all the different plants and flowers. I get to meet new people and I enjoy working as a team. Growing a seed is like your body, both grow and change and becomes something new. It has helped cleanse my soul.”

