

Organisation details

The Sunlight Development Trust is a Gillingham-based charity dedicated to enhancing the physical and mental well-being, reducing loneliness, and fostering independence within the Medway and Swale communities. They achieve this through a diverse range of programmes, including the Gillingham Safe Haven for out-of-hours mental health support, Medway Men in Sheds which promotes cognitive and physical activity through hands-on projects, and the Sunlight Dementia Support Café offering a supportive environment for social connection. Additionally, they provide community gardens for hire, electronic engineering workshops via their Creative Cabin, and services like a Wellbeing Cafe and Anger Management, all aimed at holistically supporting the local population.

Challenge Details

The day will focus on completing two main tasks, two are interior painting and the other exterior gardening/DIY activity.

Interior:

- Painting two office spaces

Exterior – This is weather dependant

- Building raised beds

On-site support

On the day Participate will be providing a member of staff to support the volunteers. A first aid kit will be available during the challenge. A tools talk and health and safety briefing will be given by Participate at the beginning of the day.

Preparation

Volunteers will be undertaking gardening and decorating activities and are required to wear old and reasonably robust clothing. Volunteers should pay particular attention to footwear wearing tough shoes or boots. Painting boiler suits will be provided, but do not guarantee the safety of clothing. Where personal protective equipment is required it will be provided. This will include new gloves.

Materials, tools and equipment

Participate and Vanquis will be providing all tools and materials to support the challenge.

Site Images:

