



COFARM CAMBRIDGE VOLUNTEERING TERMS & INFORMATION

COFARM CAMBRIDGE is committed to providing a safe and healthy environment for all volunteers, staff and visitors and to giving appropriate instruction and supervision for their welfare.

All volunteers are expected to conduct themselves in a safe and responsible manner and should not act in a way that may put themselves or others at risk of injury or illness.

Please read the following important terms and information on volunteering with COFARM CAMBRIDGE and/or attending our events:

Coronavirus (COVID-19)

On 24th February 2022 the government removed all remaining coronavirus restrictions in England, including the legal requirement to stay at home if you test positive for COVID-19. Although it is no longer a legal requirement to stay at home if you test positive, we respectfully ask that you don't volunteer at the farm if you have coronavirus symptoms or another respiratory illness.

At nearly 7 acres, our farm provides a great opportunity for volunteer co-farmers to keep plenty of space between each other in an inspiring outdoor setting. All volunteering activities at the farm are outdoors, since there are no buildings or enclosed spaces on the site.

We therefore do not ask volunteers to wear face coverings whilst co-farming at the farm. However, please be respectful of those who choose to wear a face covering. They, or people they share their home with, may be shielding.

Certain tasks or activities may make coming within 1 metre of another person more likely or even necessary (lifting a heavy object that one person cannot manage alone, for example, or knocking in fence posts with a double-handled post driver, or sheltering from torrential rain under an awning.) Such tasks or activities will *never* be compulsory - you will always have a choice about whether to participate - but if you do choose to take part, face coverings *should* be worn to help prevent the spread of coronavirus. We suggest, therefore, that you do bring a face covering with you.

Prolonged periods of torrential rain may cause a co-farming session to be brought to a close, due to the increased likelihood of people coming closer together to take shelter. Steps are being taken to increase the number of places where co-farmers can shelter on the site whilst maintaining a reasonable social distance from others.

In the interests of everyone's safety, enjoyment and comfort, we may ask anyone who makes another person or people feel uncomfortable or unsafe - for any reason - to return home.

Personal items to bring

Please bring your own:

- high factor sunscreen to protect your skin (especially in summer)
- plasters and creams for self-treating any very minor cuts, grazes, bites or stings
- your own gardening or work gloves to protect your hands
- plenty (at least 2 litres) of your own drinking water
- a hot drink in a flask (especially in winter)
- snacks and/or packed lunch
- appropriate clothing (see 'Clothing and PPE')
- face covering (not compulsory but recommended)
- digging fork, garden trowel, garden hoe (only if you own these garden tools - otherwise we will provide them for you)

We request that you do not ask any other volunteer or staff member to share any of these personal items with you or offer to share yours with them, as this may put you and them at risk. If you have forgotten to bring any of these personal items you should return home to collect them or visit the nearby Sainsbury's Superstore on Brooks Road to buy them. If lack of funds to purchase any of these items may be a barrier to you volunteering with us, please let us know and we will be happy to assist you.

Finding the farm site

The farm, which is off Barnwell Road in Abbey, next to Coldhams Common, does not have a postal address. Therefore we use 'What3Words' for giving exact location details, as it is accurate to 3 metres. The farm gate on Barnwell Road is at <https://what3words.com/work.drum.skip> (switch to satellite view for the best view). You can download the What3Words app for Apple and Android phones. Please enter the field via the farm gate (a simple metal bar across the entrance) off Barnwell Road and come to the middle of the field, and through the wooden gate into our market garden area. A full set of site location instructions is attached but please feel free to call our Farm Manager, Pete Wrapson, on 07973 777692 if you need help finding the farm.

Vehicles

There is **strictly no car parking on site, or on the grass verge in front of the site**, with vehicular access being only for farm vehicles; invited contractors; Farm Managers unloading heavy kit or vans collecting food for the community food hubs. We will be improving access so that Blue Badge holders may park on the site in future but, regrettably, this is currently not possible. Sainsbury's superstore car park on Coldhams Lane/Brooks Road is nearby, as detailed in the full directions. (Please note that the maximum stay at Sainsbury's car park is 3 hrs.) There are sometimes car parking spaces (4 in total) in a layby around 200 metres up Barnwell Road, heading North. These are popular with visitors to Coldhams Common, so are often all in use.

If you are coming by bike, just wheel it with you to the centre of the field, where it can be safely parked within our fence.

Site accessibility, toilets & facilities

Please note that the agricultural field that we are transforming into a community farm is rough and uneven in places; exposed to the elements and currently without even basic facilities such as a potable (drinkable) water supply or toilets.

We are taking steps to ensure that the site will become fully accessible to all visitors, including visitors with restricted mobility and sensory impairments. To do this, we need to raise enough funding - and gain any necessary planning consents - to carry out the planned accessibility works to the site. However, we deeply regret that the site is not yet suitable for visitors with restricted mobility and certain sensory impairments.

We have a single unisex toilet on the site which we hire from a portable loo company.

Clothing and PPE

Please arrive with your own pair of gardening/work gloves and wear sturdy, enclosed footwear (stout boots with an ankle support or wellies would be ideal) and clothing appropriate for the UK's changeable weather. On hot days it is important to wear clothes that will protect you from the sun. This should include a sun hat, long trousers and a long sleeved cotton shirt.

On cooler days it is advisable to bring a warm jumper to wear when you are taking a break, as well as waterproofs (jacket and trousers) to keep the wind and rain off. (Do check the weather forecast before setting out.)

We recommend that you also bring a face covering with you for use during certain voluntary tasks.

Timings

For at least your first volunteering session with us, please try to be with us by the advertised start time. This way you will receive a pre-activity briefing about the project including important health and safety advice at least once. You are

welcome to leave before the advertised finishing time of your co-farming session but do please let either Pete or Dom know you are leaving the farm.

Taking care of yourself and others

It is very important to take care of yourself and to be aware of your own limits. Some co-farming and horticulture tasks with hand tools can be very relaxing and meditative and others quite physically demanding, and you should not push yourself too hard. We will take regular breaks, but you can also rest whenever you need to and you should never feel ashamed to sit out a task if you'd rather not take part or if it does not feel safe to you, even if it looks or feels like others are working harder than you. There will always be plenty of volunteer work to do and plenty of people to help get it done!

Staying hydrated is very important when you are working outdoors, so please do remember to bring **plenty** of drinking water with you. You can also go home whenever you feel like it but please tell someone that you're leaving, or we may worry about whether you were feeling OK when you left.

If you were born and grew up in the UK it is very likely that you were vaccinated against **tetanus** as a child by the NHS. However, we advise that you check with your doctor's surgery (GP) on **the status of your tetanus vaccination** and you should get vaccinated if you are not already.

Please also be aware of and show respect for other volunteers, their feelings and their well-being, look out for and - above all - be kind to each other.

Tools and tool use

We take reasonable measures to ensure that any tools we provide for your use are well maintained and in good, safe, working order. Bringing your own garden tools (e.g digging forks, trowels or hoes) and labelling them is a useful way of reducing the likelihood of someone with COVID-19 (but with no obvious symptoms) passing it to someone else by sharing tools.

When you bring your own tools, you are responsible for ensuring they are well-maintained and in a good, safe condition and clearly labelled as yours. You

are also responsible for keeping them safe on the site, as we cannot accept responsibility for replacing any lost, stolen or broken tools.

If you need to share a tool with someone else, we have sanitising sprays and gels for applying to handles etc. to mitigate against the spread of coronavirus.

Accidents and emergencies

Whilst we take great care to ensure that we manage any potential risks to our volunteers, accidents can still happen. There will always be a comprehensive First Aid kit on site for emergency use during all volunteering activities and our Farm Managers are First Aid trained.

You should tell someone else where you are volunteering and we ask (when you book a co-farming session) that you supply us with your home address and the name and telephone number of someone who we may contact in the event of an emergency.

Please tell us if anything happens at the farm that makes you feel uncomfortable or at risk, even if it did not result in any harm. As well as recording accidents, we also record 'near misses' so that we can learn from them and ensure that CoFarm Cambridge always remains a safe, welcoming, happy and inclusive space.

Privacy

We hope that you make new friends through co-farming. However, we will never share your contact details with anyone else - or theirs with you - so please don't ask us to. You should therefore make your own arrangements to keep in contact with new friends, providing you mutually agree to swap contact details.

We will add the email address you use to book a co-farming session to our newsletter database, from which you can unsubscribe with a single click. We respect your privacy and will use the data you supply strictly in accordance with

our Privacy Statement, which you can view at <https://www.cofarm.co/privacy-statement>

Insurance

COFARM CAMBRIDGE has full public liability insurance cover in place for all of the activities you may undertake during your time volunteering with us.

Parents & guardians

Please note that most open co-farming sessions at CoFarm Cambridge are currently for adults only. We will be developing activities for children as the farm becomes established and once we have suitable facilities on site for welcoming children and families - but unless specifically advertised as a family session - this session is suitable for adults only. Thank you for your understanding and for not bringing your children with you on this occasion.

Photographs, video and audio recordings

We may have a volunteer or a professional photographer or local press taking pictures, audio recordings or video on the day. Please let us know if you **do not** consent for your image to be taken or used. We use images, video and/or audio recordings we capture at the farm on our website, emails, social media channels or podcasts to help us tell the story of the farm as it develops. We may also use them to support any applications we submit for grants to help develop the farm. If you take any great photographs, we'd be grateful if you could send us some we may use and tag us in any social media posts.

Thank you!

Thank you for reading and agreeing to our Volunteering Terms but - most importantly - for volunteering with us! We hope and trust you will have a wonderful experience of volunteering with COFARM CAMBRIDGE. We always welcome feedback on how we can keep improving things, so do please share your thoughts with us at community@cofarm.co or by calling 01223 781200.





COFARM CAMBRIDGE - SITE LOCATION AND ACCESS



CoFarm Cambridge, Barnwell Road, Abbey, from above. The 6.88 acre field, which can be accessed from the South end of Barnwell Road, is surrounded by a well-established hedgerow, which separates it from neighbouring Coldhams Common.

PEDESTRIAN, BICYCLE AND PRE-AUTHORISED VEHICLE ACCESS

The red circle indicates the location of the farm gate on Barnwell Road, Abbey. A public footpath starts here that runs parallel to Barnwell Road and which connects the field to Coldhams Common at the top left corner of this image.

To view the site on Google Maps, [click here](#).

For a [What3Words](#) location for the farm gate (ringed in red on the image above) on Barnwell Road use [///work.drum.skip](http://work.drum.skip). All UK emergency services now also recognise and use What3Words locations.

WALKING TO THE SITE FROM SAINSBURY'S COLDHAMS LANE SUPERSTORE, BROOKS ROAD, CAMBRIDGE, CB1 3HP

For the safest route to walk to the community farm field on Barnwell Road:

- Leave the Sainsbury's carpark via the Brooks Road exit, turn left and look for the traffic light controlled pedestrian crossing.
- Cross Brooks Road at this crossing, turn right and head towards the big roundabout.
- Keep the big, modern C3 Church on your left and turn just into Coldhams Lane.
- Use the first light controlled pedestrian crossing to cross Coldhams Lane and turn right. You will now have the big roundabout on your right and the Horizon Resource Centre on your left.
- Bear around the pavement/cycle path into Barnwell Road and go under the railway bridge.
- The field gate is just on your left after you pass under the railway bridge.
- Pass around the gate. Welcome, you've arrived!
- (NOTE: if you find yourself near a McDonalds off Newmarket Road, you are at the wrong end of Barnwell Road. Turn back and head South along Barnwell Road, down towards the other big roundabout that joins with Brooks Road and Coldhams Lane.)

The image below shows our farm gate viewed from the opposite side of Barnwell Road, and the railway bridge you will pass under as you head into Barnwell Road from the Coldhams Lane/Brooks Road roundabout.

