

Joining instructions for company volunteers

The Friends of Tower Hamlets Cemetery Park is based in the Soanes Centre. The main entrance to the park is on Southern Grove (E3 4PX), five minutes' walk from Mile End underground station. The Soanes Centre is by the main entrance on the right as you enter the park (ignore the brick building on the left).

By prior arrangement, there is parking in the park for a maximum of 2 vehicles for volunteers who have a pressing need to come by car. Please contact us if you need this. Street parking is free at weekends.

Centre facilities

- Toilets
- Basic kitchen facilities
- Secure room for personal belongings
- Space for lunching
- Changing facilities

Lunch

A group can supply its own lunch, have lunch delivered, or they can go out to a local café/pub/restaurant. It is a good idea to call your chosen lunch venue in advance, to prepare them for your arrival. Most local business won't be prepared to deal with a team of volunteers at lunchtime.

These following venues are popular and close to the park:

- [The Orange Room](#), tel 0208 980 7336. Lebanese takeaway.
- [Basilico Pizza](#), tel 020 3302 5959. Pizza, including vegan and glutenfree.
- Gardiner's Cafe, E3 4PH, tel 0208 980 3984. Sandwiches and wraps.
- Med's: 37 Burdett Road, E3 4TN - Tel: 0208 980 4088. Halal full english.
- Britannia Fish Bar: 101 Grove Road, E3 5RP - Tel: 0208 9833414
- The Coffee Room: 6a Grove Road, E35AX. Tel: 07760 108896

Refreshments

We need teams to **supply their own tea, coffee, milk, sugar**, biscuits/healthy snacks and squash. Please bring reusable mugs and bottles if you have them. We will supply disposable cups and hot water. Please send this along with the volunteer who is expected to arrive first, so we can have everything ready for when the rest of the team arrives.

Our drinking water comes from the mains supply. London's water is safe to drink and no one likes single use plastic, so please think about whether you really need to bring bottled water.

Tools, plants and materials

The Friends will supply everything needed, unless agreed with the volunteering group. Work gloves are provided.

Volunteers should wear clothes you don't mind getting dirty (you may want to bring a change of clothes to get changed into at the end of the day) and sturdy footwear e.g. steel toe cap,

hiking boots or wellies. You can wear trainers, but please note you wear them at your own risk, they will not stay clean and pristine.

Note: Bring trousers, and ideally a long-sleeved top. You will be working in areas with stinging nettles and brambles. Gym leggings and tights will usually be too thin. **No shorts** – no matter what time of year or weather, if you show up in shorts we will make you wear hi-viz trousers.

In case of wet weather please bring waterproofs, umbrellas, etc if you have them.

If you are not dressed appropriately, it will limit your enjoyment and involvement in the day, and you may not be able to take part.

Task duration

A standard task day is from 9:15-4pm with an hour for lunch, but this is flexible. Shorter days are possible, please contact us to discuss.

Start and break times

- Please arrive promptly at 9:15am. A staff member will greet you, sign in on the supplied sheet, find yourselves a pair of work gloves and enjoy a cup of tea or coffee before we head out at 9:30.
- You'll receive a tool talk that will outline the safe use, carrying and storage of tools as well as an explanation of the day's work.
- 11:30 - Mid morning tea break until 12:00
- 13:00 - Lunch until 14:00
- 16:00 - Task ends....home time!

We look forward to welcoming you soon.

On site co-ordinators

Suzanna Maas – Cemetery Park Officer

Kenneth Greenway – Cemetery Park Manager

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