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Manchester Mind have been supporting better mental health for everyone for 30 years. We are committed to improving the lives of people with mental health needs. Our current strategy focuses on making it easier for people to ask for help.

**Our Values**

**Openness** Being receptive to, and appreciative of, the skills, talents and perspectives of everyone

**Belonging** Developing kind relationships that lead to feeling accepted, understood and able to contribute

**Strength** Recognising and developing potential in others and ourselves, enabling resilience

**Collaboration** Generous sharing of our resources, skills and talents enabled by clear and meaningful communication

**Volunteering with us**

Volunteering is a great way to build skills and grow in confidence whilst also helping others. We believe everyone has something to offer and we could not do what we do without our wonderful volunteers.

**Welcome and Access Services**

Welcome and Access is our collection of services which strengthen our response to people who are struggling due to the combined impact of mental health and the increased cost of living. We provide safe and welcoming spaces for people to be introduced to our charity, to find peer support and enjoy delicious food. Our services include listening ear support, group support sessions, emergency food provision and our allotment project.

**Mental Health Support Sessions**

To make it easier for people to find the support they want and need, we provide two support sessions each week which offer a safe space for people to relax and enjoy some nutritious food and company, whilst exploring their needs. We make sure everyone is safe and feels heard. People can also access housing, welfare and debt advice in the sessions which are open to all. Everyone who attends will be supported to access other services via Manchester Mind and external agencies.

**What is a support session volunteer?**

As a support session volunteer, your role is to listen to the people who attend and develop kind and supportive relationships which enable you to collaborate and identify appropriate support together. You will help staff to deliver activities and guide people to access help by actively listening to their needs.

**Training & Support**

We aim to help you build skills and improve your wellbeing whilst volunteering. You will receive a full induction and be invited to attend our 3 part Welcome Training course. Parts of this course are mandatory and should be completed before you start in role. You will be supervised by experienced staff and supported by a volunteer coordinator. All volunteering activities undergo thorough risk assessment. Any travel costs will be reimbursed & lunch will be provided. As a Manchester Mind volunteer, you will have access to further role development training, wellbeing services and tools to help you manage your own mental health as well as access to a wider charity volunteer social community where you can attend group trips such as cinema outings and visits to museums.

**Criteria**

• A desire to enable members of your community to access support

• Experience supporting mental health & well-being

(We particularly welcome applications from people with lived experience of personal mental health struggle)

• A commitment to complete our Induction and Welcome Training course

**Please note:** To protect our vulnerable service users, this role is subject to satisfactory disclosure from the Disclosure & Barring Service (DBS check) which we will fund on application.

**Time commitments**

We are currently recruiting for our Thursday session 10am until 12.30pm.

You will be expected to commit to 2 drop in sessions per month for a duration of at least 6 months. You will need to arrive 15 minutes before the session and stay for 15 minutes after it finishes. If making referrals, your finish time may vary.

**Location**

The Zion Centre, 339 Stretford Road Hulme, Manchester, M15 4ZY

If you are interested in the role, please answer the questions on the application form and return via email to [dionne.gbasai@manchestermind.org](mailto:dionne.gbasai@manchestermind.org) or [welcomeandaccess@manchestermind.org](mailto:welcomeandaccess@manchestermind.org).