

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.

**Therapeutic Gardening Sessions**

To make it easier for people to find the peer support and community they want and need, we provide weekly therapeutic gardening sessions from our Allotment Project. They offer a safe space for people to relax, learn, share skills and socialise within a community green space, whilst taking part in gentle gardening activities. We make sure everyone is safe and feels heard. Everyone who attends will be supported to access other services via Manchester Mind and external agencies.

**What is an Allotment Support Volunteer?**

As an Allotment Support Volunteer, your role is to listen to the people who attend and develop kind and supportive relationships which enable you to collaborate and build a sense of community with the people who attend, whilst growing fruit, vegetables and flowers on the allotment space. You will help our Allotment Support Worker and our Allotment Project Worker to set up and/or close down sessions, help deliver gardening and horticultural activities and support people 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**

Sessions are held each day between 10am and 2pm. You will be expected to commit to 2 sessions per month for a duration of at least 6 months. We ask that you commit to either the first or second part of a session, or all of it if you are able.

Early: 9.30am until 12.30pm Late: 11.30am until 2.30pm

To ensure that our garden is accessible to those people who need it most and is an inclusive and welcoming space, we have partnered with the Ethnic Health Forum and Safety 4 Sisters to support people from communities that experience racial inequality to take part. To support this vital work we are especially looking for volunteers who are also from racialised communities and for those who speak bi/multiple languages, or who have English as a second language.

**Location**

Southern Allotments, Chorlton, Manchester M21

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