

Manchester Mind have been supporting better mental health for everyone for 35 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 aim to make asking for and accessing help easier. We make sure everyone is safe and feels heard and provide safe spaces for people to be introduced to our charity, to find peer support and feel part of a community. Our services include the Welcome Team Phone-line, Listening Ear Service, Support Sessions, Wellbeing Walks and our Allotment Project.

**Therapeutic Gardening Sessions**

To make it easier for people to find peer support and community we provide weekly Therapeutic Gardening sessions. They offer a safe space for people to relax, share skills and socialise within a community green space; whilst taking part in gentle gardening activities. 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. You will also take part in the planting and growing of fruits, vegetables and flowers. You will help our Allotment Workers to set up and/or close down sessions and help deliver gardening and horticultural activities whilst supporting 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 & light snacks will be provided. You will have access to further role development training, wellbeing services and tools to help you manage your own mental health. You will also be invited to join our wider charity volunteer social community, where you can attend group trips to places like the cinema or local 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**

Our **Therapeutic Gardening** session is held weekly on Wednesdays between 10am and 2pm. We ask that you commit to either the first or second part of the session or all of it if you are able to.

Early: 10am until 12.30pm

Or

Late: 12 noon until 2.30pm

For our Wednesday sessions, you will be expected to commit to 2 sessions per month for a duration of at least 6 months.

**We want to ensure that our garden is accessible to those people who need it most and an inclusive and welcoming space, so we have partnered with the Ethnic Health Forum and Safety 4 Sisters hoping to support people from communities that experience racial inequality to take part.**

Therefore, we are also looking for people to volunteer to support the following sessions, especially those who have experience of living with racial inequality and those who speak bi/multiple languages or who have English as a second language:

Thursdays – 11.15am until 1.45pm

Or

Fridays – 12.30pm until 3pm

You will be expected to commit to 2 sessions per month and as this project is funded until March 2025, we would hope that you can commit to attendance for the duration of the project.

**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