

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.

**Therapeutic Gardening Sessions**

To make it easier for people to find the peer support and community they want and need, we provide a weekly Therapeutic Gardening session which offers a safe space for people to relax, learn and 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 while taking part in the planting of growing of fruits, vegetables and flowers on the allotment space. You will help our Allotment Support Worker and our Allotment Project Coordinator to set up and/or close down the sessions, help to deliver gardening and horticultural activities and support 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**

Our **Therapeutic Gardening** session is held weekly on Wednesdays between 11am and 2pm (subject to current cold weather conditions). We ask that you commit to either the first or second part of the session or all of it if you are able to.

**Please note that the following times are for over the Winter season**

Early: 10.30am until 12.30pm

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 – 11.30am until 2pm

Fridays – 12.30pm until 3pm

You will be expected to commit to 2 sessions per month and as the GSP 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