

Manchester Mind is an independent Mental Health Charity. We have been supporting better mental health for everyone for 30 years. We have adjusted our services to ensure we can continue to support the people of Manchester through this difficult time.

**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.

**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

**Food for All**

Food for all is Manchester Mind’s collection of food related projects. These include our community café and Pay What You Can Sessions (currently closed) our Emergency Food Response and Allotment. We aim to tackle nutritional inequalities and the detrimental effect this can have on physical and mental well-being.

**Emergency Food Response**

Access to Food is intrinsically linked to mental health and for people living with food poverty, the impact of the Covid-19 emergency is far greater. We have joined up with Manchester City Council and other charities in the city as part of the Covid-19 Emergency food response. We have re-purposed our industrial kitchen to enable us to repurpose unused food into high quality nutritious meals which are then delivered to vulnerable people and families. Recipients also have the option to engage in further support for their mental health and wellbeing. At the unit, we also offer catering placements. These are volunteering opportunities with enhanced support to enable recovery for people following a period of mental ill-health.

**What is an emergency response volunteer?**

As a volunteer, you will help us to develop, prepare, cook and portion meals with guidance from experienced staff. You will also help us with the general upkeep of safety measures and cleaning responsibilities. You may also be given the opportunity to support deliveries and to become involved in outreach activities across the city. You will also offer positive support to people completing catering placements.

**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 a 3 part volunteer training course. You will be supervised by experienced staff and supported by a volunteer coordinator. All volunteering activities undergo thorough risk assessment and are Covid-19 safe. PPE is provided. Any travel costs will be reimbursed & lunch will be provided. As a Manchester Mind volunteer, you will have access to our training, wellbeing services and tools to help you manage your own mental health.

**Criteria**

• A desire to support your community at this difficult time and an interest in food and/or catering

• A commitment to follow safety protocols as stipulated in risk assessment

• Experience/Interest in supporting mental health & well-being (We welcome applications from people with lived experience of mental health struggle)

• Complete a 3 part volunteer mental health training course within first 3 months of volunteering

**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 work daily between 8am and 3pm. We need you to commit to at least one shift, every two weeks. **(start/finish times can be varied slightly to accommodate personal circumstances)**

**Location**

Hulme, Manchester

If you are interested in the role, please answer the questions on the application form and return via email to

tara.kinsella@manchestermind.org or volunteering@manchestermind.org