



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 currently include our Food Hub and Allotment and outreach activities across the city. We aim to tackle nutritional inequalities and the detrimental effect this can have on physical and mental well-being.

### **The Food Hub**

Access to Food is intrinsically linked to mental health and for people living with food poverty, the impact is far greater. To support communities to recover from the pandemic, we have re-purposed our industrial kitchen to enable us to create high quality nutritious meals using unused food, and food we have grown ourselves. We provide recipe kits and ready-made meals which are then delivered to vulnerable adults and children. Recipients of food also receive enhanced support and have the option to engage in activities to help improve their nutrition, mental health and wellbeing. We also engage in outreach work with other local organisations.

## What is a Food Hub 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 asked to support deliveries and to become involved in outreach activities across the city. You will be working with vulnerable adults and children. You will be trained to offer positive support to people receiving additional help to manage their mental health.

### 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 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 9am 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](mailto:tara.kinsella@manchestermind.org) or [volunteering@manchestermind.org](mailto:volunteering@manchestermind.org)