



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. 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 Volunteer Driver?

As a volunteer driver you will support us to load and deliver food support to individuals, families and organisations in Manchester. You will be guided by experienced staff but will be expected to work independently. There may also be opportunity to support other volunteers to assist you. We value openness and belonging and you will be required to start conversations, building relationships with the people we deliver to. You may need to offer signposting support where necessary. You will receive training which will enable you to carry out the role. You may need to complete paperwork and pass on referrals in some circumstances.

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 which will cover Safeguarding, Professional Boundaries, Communication skills & Mental Health Awareness. 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
- A commitment to follow safety protocols as stipulated in risk assessment
- Over 25 with a clean driving license
- Previous driving/delivery experience + local route knowledge (*Desirable)
- Experience/Interest in supporting mental health & well-being
(We particularly welcome applications from people with lived experience of mental health struggle)
- Complete a 3 part volunteer mental health training course (currently online)

Please note: To protect our vulnerable service users, this role is subject to two references and satisfactory disclosure from the Disclosure & Barring Service (DBS check) which we will fund on application.

Time commitments

Deliveries are daily between 9am and 3pm. We need you to commit to at least one shift, every week. (start/finish times can be varied slightly to accommodate personal circumstances)

Location

Based in Hulme – City wide driving

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