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 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 our collection of services which strengthen our response for 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 group support sessions, emergency food provision and our Allotment Project.

**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.

**Allotment Maintenance Volunteer**

As an Allotment Maintenance Volunteer you will be working alongside our Allotment Support Worker and existing Volunteer Team supporting us to maintain and develop the structures of the plot and to plan new projects. We hope you will also provide support to our other volunteers – helping them to build new maintenance skills.

We are looking for a person who can commit long term (9-12 months minimum) and who is able to oversee the fixing/maintaining of our greenhouses, shed, archways, raised beds, cold frame, etc and who can help us to create an annual maintenance plan for the whole of our allotment space. You will also be helping us to complete projects that we have recently received funding for; e.g. building a chamomile bed area and a wildlife pond. This role will be quite physical so ideal candidates would need to be physically fit and comfortably happy to work outside in colder months.

We are looking for people who have practical and planning skills, who are aware of mental health and who can build kind relationships with others to improve well-being and co-work within a shared community space. We have ideas and inspirations of how we would like to improve the space. With your help and initiative, we hope to take ideas through the research and planning stage and then on to completion.

**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 mandatory Welcome training consisting of 4 modules. 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 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**

• Must have practical and planning skills in horticultural structures, groundworks, repairs & general maintenance

• Experience supporting other people with their mental health & well-being

(We particularly welcome applications from people with lived experience of personal mental health struggles)

• A commitment to complete ourInduction and Welcome Training modules.

**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 Allotment Volunteer Sessions are currently held on Mondays between 10am and 2pm. We would need you to commit to at least 2 hours every two weeks (start/finish times can be varied slightly to accommodate your personal circumstances). There is also the scope for you to attend in your own time, by agreement, to plan/complete tasks/projects.

**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 foodforall@manchestermind.org