

## Voluntary Work in Mind

If you enjoy meeting people, and would like a rewarding and varied voluntary role in an organisation that helps people recover from mental health problems, then North Kent Mind would like to hear from you.

## What kind of voluntary work?

There is a wide variety of opportunities within the organisation. We need capable volunteers who can help us provide:

- **Weekly Open Sessions:** where you will socialise and interact with service users .
- **Weekly Activity Sessions:** where you will help individual service users to participate in the activity. You may even want to lead a session.
- **Self-management Groups:** where you will help the facilitator work with service users who are learning to cope. Including the following: **The Recovery Group**, **Coping with Life courses**, and **Mindfulness**.
- **Springboard:** various volunteering opportunities, which include both groups and individual support for people exploring ways of getting back into work or training.
- **Peer Volunteers:** roles for those identifying themselves as a peer volunteer (due to your own lived experience of mental health) supporting and facilitating peer led sessions.

- **The Mentoring and Agoraphobia Service:** volunteers provide weekly one-to-one contact with a service user. Often you visit a client in their own home and assist them in finding ways to achieve their goals. With those suffering from Agoraphobia this would generally be through helping people overcome their fears and panic of leaving their house by helping them through a structured, personalised programme. Mentoring relationships typically last for 6 to 9 months.
- **Office Volunteers:** working on reception, fundraising, IT, or other office duties.
- **Housing:** providing individual support to a tenant or an ex-tenant who has recently moved to other accommodation.
- **Counsellors:** trainee counsellors (at least year 2 of an accredited course) and qualified counsellors volunteer to provide the low-cost counselling service. Volunteer counselling assistants help with the administration and telephone assessments.
- **The Board of Trustees:** the group which has ultimate responsibility for the organisation, are all unpaid volunteers. To become a trustee a volunteer must be elected or co-opted.

North Kent Mind adheres to the Investing in Volunteers Standards, and holds the Investors in People Award for its good practices in supporting paid staff and volunteers.



## What we expect from volunteers

Our greatest expectation of volunteers is consistency and reliability. Many of our services depend on volunteers in order to run effectively. If we do not have reliable volunteers, we will ultimately be letting our service users down.

Volunteers are also expected to work within the policies and procedures set out by the organisation. Full training will be given on these in the 3 day Training Course.

We mostly need volunteers who can commit to working for us over a period of time: if somebody just has time available for instance, over a couple of months, we are generally unable to make good use of this time.

## What can you expect of North Kent Mind?

We provide volunteers with:

- Travel expenses and other work expenses (such as telephone calls to clients)
- Regular support sessions with a designated member of staff
- Opportunities for training and personal development
- 'Time out' if needed away from your voluntary role
- Lunch allowance if volunteering for five or more hours in one day
- A handbook giving useful advice and information

## How can I become a volunteer?

- Fill in the form inside this leaflet or download it from our website and return to the office.

**Tanya Stephens,**  
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- An informal chat will then be arranged with you and two members of staff to process your application. We call this “screening”.
- We will then take up references and arrange for you to attend the 3 day training programme.
- After training we will make a decision to accept you as an official volunteer, and take up a DBS (Disclosure and Barring Service) check for you.

North Kent Mind works with people over 18 who have mental health issues. We are unable to provide volunteering roles for people under 18.

### What volunteers have said about working in North Kent Mind:

**“Gives some structure and purpose in life ... gives me a chance to learn new things as well as put the skills I already have or have learnt through volunteering to good use. I find some of the work challenging in a good way and get a buzz when I achieve my goals.”**

**“Volunteering for Mind has been an interesting and positive experience knowing we are helping to empower people to lead more positive lives.”**

## North Kent Mind's other services

### Wellbeing Services:

A range of open and activity sessions, courses and groups, and mentoring.

### Psychological Therapies:

Talking therapies provided on behalf of the NHS: Counselling, CBT, Psycho-education, Guided Self-Help, and Group Work.

### Low-cost Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £8.00 per session.

### Supported Housing:

Long and short-term supported housing.

### Education:

Placements for social work students, mental health nurse trainees, trainee counsellors and police cadets.

### Training Services

Mental health training.

### Springboard Employment Services

A range of services to support people into employment, volunteering or training.

All our leaflets are available in large print, Braille, or other formats, on request.

In North Kent Mind we are committed to continuously improve our services through quality review and service user feedback.

01322 291380

[www.northkentmind.co.uk](http://www.northkentmind.co.uk)

**North Kent Mind**

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# Volunteering with North Kent Mind

