

## How can I become a volunteer?

You can download an application form from our website or email us to request one

This can then be emailed back or handed into our office

Wendy Heathcote,

North Kent Mind

The Almshouses,

20 West Hill, Dartford, DA1 2EP

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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 a DBS check (Disclosure and Barring Service)
- You will then be invited to attend the 3 day training programme

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

## North Kent Mind's other services

### Wellbeing Services:

A range of open sessions, activity sessions, coping with life courses, self-development, support groups, mindfulness courses, recovery groups.

### NHS Talking Therapies (IAPT)

Talking therapies provided on behalf of the NHS: counselling, CBT, psycho-education, guided self-help, and group work.

### Fee-paying Counselling

Individual counselling with a 2 year cap. Fees from £15.00 per session. As well as anger management courses running over 6 weeks with a fee of £150.

### Employment Services

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

### Housing Services

A service consisted of supported housing properties offering short-term tenancies, as well as rough sleeper support projects.

### Children and Young Persons' service

A diverse range of services aimed at young people in and out of schools to provide mental health awareness and improving resilience .

### Training Services

Mental health training.

### North Kent Mind

The Almshouses | 20 West Hill, Dartford | DA1 2EP

admin@northkentmind.co.uk

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A wide variety of opportunities are available!

 **mind**  
**North Kent**  
**Volunteering**



01322 291380

northkentmind.co.uk



## Voluntary Work in Mind

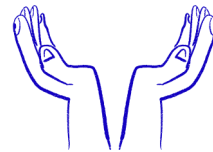
If you enjoy meeting people, and would like a rewarding and varied voluntary role in an organisation that helps people recover from mental health problems, then North Kent Mind would like to hear from you.

## What kind of voluntary work?

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

- **Schools Services:** opportunities to gain experience supporting our Children and Young Person's Schools Mental Health Services in Medway.
- **Weekly Recovery Based Activity Sessions:** where you will socialise and interact with service users and support them to engage in a range of activities and discussions around wellbeing
- **Fee Paying Counselling Service:** trainee counsellors (at least year 2 of an accredited course) and qualified counsellors volunteer to provide the fee paying counselling service.
- **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.

- **Peer Champions:** roles for those who are still using North Kent Mind services and would like to get involved supporting sessions.
- **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.



## 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 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)
- IT equipment and / or a phone if required by the role.
- 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



## 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”