



How to become a Volunteer!

To become a volunteer or to find out more about how to volunteer you can download an application form from our website or email us to request one

www.northkentmind.co.uk

This can either be emailed back to us or handed into our office:

**Volunteering
North Kent Mind
The Almshouses
20 West Hill, Dartford
DA1 2EP**

Volunteering@northkentmind.co.uk

- An informal chat will be arranged with you and two staff members to process your application.
- We'll then ask for references and arrange for a DBS check (Disclosure and Barring Service).

We are unable to provide volunteering roles for people under 18 years old.

North Kent Mind Services:

Adult Support Services:

We offer open sessions, activities, men's group, Coping with Life courses, self-development, and mindfulness groups. This service also provides employment support, money guidance, and the Peer Partnership Project to support those in crisis.

Children and Young Person's Services:

We offer early intervention and therapeutic services for young people in and out of school to raise mental health awareness, boost wellbeing, and build resilience.

Counselling and Therapy Services:

We offer two counselling options: affordable sessions at £15 (up to 2 years) and Fast Track at £45 per in-person session or £40 online. We also run a 6-week anger management course for £150.

Development Services:

A range of services aimed to support clients with individual needs, including SUN (Service User Network) for people with personality disorders.

Housing Services:

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


Training Services:

Our Mental Health Training equips professionals, parents, carers, and organisations with practical skills and knowledge to understand and support mental wellbeing across diverse settings.

North Kent Mind

The Almshouses | 20 West Hill, Dartford | DA1 2EP
admin@northkentmind.co.uk
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Volunteering



Voluntary Work at North Kent Mind!

If you enjoy meeting new people and are looking for a rewarding and varied volunteer role within an organisation that supports mental health recovery, North Kent Mind would love to hear from you!

What kind of voluntary work do you offer?

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

- **School Services:** Opportunities to gain experience supporting our Children and Young Person's School Mental Health Services.
- **Weekly Recovery Based Activity Sessions:** Where you'll socialise and interact with service users and support them to engage in a range of activities and discussions around wellbeing.
- **Counselling and Therapy Service:** Trainee counsellors (at least year 2 of an accredited course) and qualified counsellors volunteer to provide the affordable 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 with supporting sessions.
- **The Board of Trustees:** The group which has ultimate responsibility for the organisation, are all unpaid volunteers. To become a trustee a volunteers must be elected or co-opted.



What we expect from our 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 for 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.



Want to contact us?

For more information please visit our website:

northkentmind.co.uk

If you'd like to get in touch, please email:

admin@northkentmind.co.uk

or call: 01322 291380