



Recruitment Pack
Happier Lancashire Volunteer
2019

Who are we?

Our vision is mental wellbeing for all. We want Lancashire to be the beacon county for mental wellbeing. This is because a person with high mental wellbeing is more likely to be happier, healthier and more resilient, and is less likely to develop a mental health condition.

We are more than a mental health charity.

We're a passionate movement leading the wellbeing revolution in Lancashire.

Approximately 1 in 4 people in Lancashire are currently living with a mental health condition. The vast majority play an active role in society with a significant proportion in active employment.

Lancashire Mind believes that no matter the severity of a mental health condition, the person living with it still has the right and ability to be an equal in society and to experience the positives and negatives that this brings.

All our projects and all our services exist to enable us to achieve our vision. Lancashire Mind believes that by working together we can revolutionise attitudes, challenge perceptions and alter provision and we therefore encourage you to apply to become part of our movement.

Lancashire Mind is part of a network of over 140 local Minds that have a combined income of 90 million pounds per year. As a county-wide organisation turning over around one million pounds per annum, Lancashire Mind is one of the largest of the individual members of the network.

Lancashire Mind is an independent charity and is not financially, operationally or strategically dependent on National Mind; we work in partnership with them.

What do our volunteers say?

“Volunteering for Lancashire Mind is one of the few things in life that helps prove your worth. I don't just mean it looks good on your CV... I mean it helps you grow as a person and learn things you might not have learnt anywhere else.”

James, Admin Volunteer

“I fundraise for Lancashire mind after I lost my daughter to suicide... I want to raise awareness of mental health and get the charity into the schools in my area to work with young children and teenagers and hopefully stop someone going through what I'm going through...”

Pud, Fundraising Volunteer

“As a volunteer you have the privilege of being a part of the Lancashire Mind movement; knowing that your contribution, no matter how big or small, is helping to make a positive difference to the lives of so many people every day.

The staff are welcoming, make you feel a part of the team and really value your input. Since I started volunteering, I've been given training opportunities as well as the chance to develop and shape my volunteer role.”

Emma, Media Volunteer

“I like volunteering with Lancashire Mind and they are a professional organisation with training available. I have fun working with young people celebrating their resilience and future dreams and hoping I can share my experiences.”

Pat, Bounce Forward Volunteer

Volunteer Role Description

Role title: Happier Lancashire Volunteer

Hours: Ad-hoc basis with a minimum commitment of 6 months

Responsible to: Community Development Team

Location: Chorley, with travel to other areas of Lancashire

Role overview

Happier Lancashire is a movement aimed at improving the mental wellbeing of the county by delivering a short, interactive workshop in Primary Schools, High Schools and Community Groups. Happier Lancashire works to raise the awareness of The 5 Ways to Wellbeing so that people can incorporate them into their everyday lives. By raising this awareness, the people of Lancashire will develop the confidence, knowhow and motivation to take onus of their own wellbeing; helping them to become happier and more resilient (especially on those less happy days). As a Happier Lancashire Volunteer, you will be working within our innovative Community Development Team. This role will involve co-delivery with a staff member or with another volunteer.

In the past year the Community Development Team has delivered Happier Lancashire to over 2000 people county wide. As a volunteer your role will be pivotal in spreading the messages of Happier Lancashire even further. With a strong volunteer team, Happier Lancashire will become a countywide symbol, synonymous with The 5 Ways to Wellbeing.

Please note that this post is subject to an enhanced Disclosure and Barring Service (DBS) check that Lancashire Mind will process.

Main duties and responsibilities

- Deliver talks about the 5 Ways to Wellbeing to targeted audiences.
- Engage with members of the public at events, promoting Happier Lancashire and The 5 Ways to Wellbeing.
- Encourage members of the public to sign up to receive the Lancashire Mind e-news.
- Promote other Lancashire Mind projects and signpost as appropriate.
- Identify suitable events in your local community at which Happier Lancashire could be promoted.
- Record data from events and talks in paper or electronic formats as appropriate.
- Follow Lancashire Mind's policies and procedures at all times.

What we can offer you

- Recognition of the role that you are carrying out in support of Lancashire Mind.
- The appropriate training.
- An opportunity to feedback about your role.
- Reimbursement of agreed out of pocket expenses.
- Ongoing support from your direct line manager, including regular group or 1-2-1 supervisions and invitations to team meetings.

What we're looking for in a volunteer

(please still apply even if you feel you do not meet all the below – full training will be provided)

- Great communication skills.
- Excellent time management skills.
- A commitment to the vision and ethos of Lancashire Mind.
- Reliable and able to commitment to the role.
- Willing to travel across Lancashire.
- The ability to be compassionate and patient.
- Be honest and act with integrity.
- An understanding of and commitment to equal opportunities.
- Ability to work well in a team.
- Ability to maintain appropriate and professional boundaries.

To apply

Please complete the application form that can be found on the website and email it to admin@lancashiremind.org.uk, please include the volunteer role title you are applying for in the subject title. If you wish to post your application, please post it to:

Jade Gregory-Haselden,
Lancashire Mind,
80-82 Devonshire Road,
Chorley,
Lancashire,
PR7 2DR.

The deadline for this round of applications is **10am on 2nd August 2019**.

Informal interviews for this post are scheduled to take place on **8th August 2019** and there will be a training day on **2nd September 2019** that is important for all volunteers to attend.

