

# Why volunteer for Lancashire Mind?

Volunteering is a great way to become part of the movement, support your community, enhance your skills and improve your wellbeing

We are always looking for new volunteers to help support our work and are currently recruiting for the role outlined below, please have a look and if you are interested in any simply apply online. If the role doesn't interest you, feel free to apply and suggest other ways in which you might be able to support us. We welcome volunteers from all walks of life and are particularly interested in receiving applications from people with Lived experience of a Mental Health condition and who are open to sharing their stories.

## As a volunteer you can expect from us:

- Full induction and training
- The opportunity for a reference
- A fulfilling and worthwhile experience

## In return we expect from you:

- A minimum 6 month commitment
- Reliable, honest and empathic individuals
- A willingness to attend training and gain experience

After receiving your application the next step is an informal interview where you can find out more about volunteering with us and we can get to know you as well. Following this meeting, if we feel we have a role suitable for you and you wish to continue we will proceed with the application process, which can take up to 6 weeks

All volunteers must be 16 or over (we will consider taking under 16's on work experience where a role is available).

To discuss volunteering opportunities please email our Volunteer Coordinator:-

Jenny Reddell [jennyreddell@lancashiremind.org.uk](mailto:jennyreddell@lancashiremind.org.uk)



# Role description

**Role title:** School-based Workshop Assistant

**Location:** Blackpool

**Commitment:** At least 2 hours a week for a minimum of 6 months

**Requirements:** A clear enhanced DBS prior to starting the role

## What's it all about?

HeadStart Blackpool is one of the Big Lottery's projects aimed at improving mental wellbeing in young people, aged 10-16, reducing the number that go on to develop mental ill health. We will be working in Year 5 classrooms across Blackpool to help young people develop the skills from an early age to help them Bounce Forward in tough times.

## What does the role involve?

We are looking for committed, hardworking and enthusiastic individuals to volunteer alongside the project coordinator in our Bounce Forward project in schools. Working with a whole year 5 class, the only requirements you need are that you have a passion for helping young people develop the skills they need to overcome life's challenges and that you live in Blackpool.

## What will you be doing?

- You will be a helping hand to the project coordinator in the classroom, this might involve group work, offering support across the classroom and helping to make it enjoyable for all.

## What we can offer you:

- Information and materials to help you carry out your role effectively
- Recognition of the role that you are carrying out in support of Lancashire Mind
- Training, guidance and support
- An opportunity to feed back about your role
- Reimbursement of agreed out of pocket expenses

## We are looking for people who:

- Are able to give a weekly commitment for a minimum of one term.
- Are friendly and enthusiastic
- Are willing to be flexible in different classroom environments
- Are reliable and good communicators
- Have an ability to maintain professional boundaries



**Lancashire Mind**  
80-82 Devonshire Road  
Chorley  
Lancashire  
PR7 2DR

01257 231660 (10am-4pm Mon-Fri)  
admin@lancashiremind.org.uk  
www.lancashiremind.org.uk  
Registered Charity Number 1081427  
Registered Company Number 3888655