



# Your guide to volunteering for Cornwall Mind





## **Firstly thank you!**

We couldn't lead the fight for mental health without our volunteers. They play a huge part in everything we do.

We rely on our fantastic team of volunteers to help us deliver our services and support our day-to-day work.

We're very proud of the work that our volunteers do. Many have lived experience of mental health.

Volunteering at Cornwall Mind can be an incredibly rewarding and valuable experience, and there's probably more ways of doing it than you might think.

From helping support our wellbeing groups, becoming a Trustee or helping organise our events, there are many ways you can give your time.

## **We believe nobody should face a mental health problem alone.**

### **Our Vision**

We won't give up until everyone experiencing a mental health problem gets both support and respect.

### **Our Mission**

We endeavor to prevent those who are vulnerable from developing mental health issues. We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding of mental health. We work throughout Cornwall.

**We're a charity and we couldn't do what we do without you!**



## What's in it for you?

We offer a variety of roles, and in return for your time and effort we offer:

- The opportunity to gain experience of working as part of a busy team.
- Full induction and on-going training.
- On-going support and supervision in your role.
- Experience of working in the charity sector.
- The opportunity to learn new skills.
- Reimbursement of out of office expenses incurred while carrying out activities for Cornwall Mind.
- Cornwall Mind commitment to a healthy workplace and equal opportunities.
- Volunteer discount scheme.

**“Volunteering with Cornwall Mind made me realise how much I liked helping people. Knowing I’d made a difference to someone’s day made me feel better too! I’m now employed by them as a recovery supporter.”**



# You probably have lots of questions to ask!

## **Why volunteer at Cornwall Mind?**

Volunteers tell us how much they enjoy being involved with the charity. And they value the opportunity to make a real difference to people's lives.

Volunteering is a great way to use your existing skills or gain new skills. And you could meet new people and gain confidence. It can also be a great addition to your CV.

## **What volunteering opportunities are there?**

We offer many different volunteer roles. From helping to run our wellbeing groups, fundraising, organising events, being a Trustee, office roles and media work. Our current vacancies are on our website and social media channels.

## **What skills do I need to volunteer?**

Every opportunity is different, so the skills you'll need are different. For many roles, you don't need a specific set of skills – enthusiasm and commitment are the most important thing! If an opportunity does need certain skills, we'll outline what they are in the role description.

## **Will I be interviewed?**

Most opportunities will involve an informal chat so you can find out more about Cornwall Mind and what the opportunity involves. The recruitment process depends on the type of volunteering role it is.

## **Will my expenses be paid?**

Yes. You will be paid for reasonable expenses like travel and refreshments. The exact expenses you can claim for will be confirmed once you start your volunteering role.

## **Will volunteering affect my benefits?**

No. Volunteering does not affect the benefits payments you receive. But you should tell your benefits advisor when you start volunteering.

## **Do you offer training to volunteers?**

We offer an induction and provide any training you'll need to carry out your volunteering role. The training you get will be different depending on what volunteering role you're doing. However, we are open to supporting our volunteers with additional training if we have the budget for it.

## What support will I get?

We'll make sure you have all the information and support you need to volunteer. You'll also have a main point of contact from Cornwall Mind so you'll always have someone to go to if you have questions.

## Can I leave if I don't like it?

Yes! We want all our volunteers to have a worthwhile and positive experience. We always welcome feedback on how we could make our volunteering better.

## Are you using volunteer roles to replace paid members of staff?

As a charity, we depend on our volunteers to help us with our work. Cornwall Mind has a policy that means volunteer roles are never used in place of paid roles. Volunteers are usually recruited on a time-limited basis to work on specific projects.

We firmly believe that a volunteer is someone who is unpaid and gives up their own time, of their own free will, to support Cornwall Mind.

## What's your policy with DBS checks?

Many volunteering positions require a DBS (Disclosure and Barring Service) check. There's no cost to you, and for most people this involves a simple form and proofs of identity rather like those banks ask for. The DBS makes special provision for trans people, since there are data protection and privacy issues.

As part of our equal opportunities policy, we aim to ensure we don't discriminate against ex-offenders. However, some posts in Cornwall Mind are exempt from the Rehabilitation of Offenders Act 1974 because they involve vulnerable adults or young people. These roles need a DBS check. By using the DBS to assess volunteers, we fully comply with the DBS Code of

Practice. We're committed to treating all applicants equally and undertake not to discriminate unfairly against the subject of a positive disclosure. If you have any other questions please email us at:

**[info@cornwallmind.org](mailto:info@cornwallmind.org)**



**“I started volunteering after an episode of depression to help get me out and mixing with people again. It was the best thing I’ve ever done. I felt a sense of purpose, I gained an increase in confidence and found a reason to get up again.”**



# Volunteer with Cornwall Mind

We hope we've answered all your questions.

If you're interested in volunteering then we'd love to hear from you.



## Get in touch

**Call: 01208 892855**

**Email: [info@cornwallmind.org](mailto:info@cornwallmind.org)**

**[Cornwallmind.org](http://Cornwallmind.org)**

**2A Hamley Court**

**Dennison Road**

**Bodmin**

**PL21 2LL**

Scan the QR code to take you to the volunteer page on our website.



Cornwall Mind is a registered charity in England/Wales (no.1176942)

