

Volunteering

Overview and Application Form



Volunteering overview

Volunteering is about giving your time and skills, without pay, for the benefit of others, the local community and very importantly yourself!

Human beings are hard-wired to give to others. The more we give, the happier we feel, the better we feel about ourselves, the more likely we are to have a positive view of life and our future goals.

Benefits of volunteering

Volunteering:

- Not only enriches the lives of others, it can also improve your physical and mental wellbeing
- Is a great way to meet like-minded people, have fun, keep you connected and give something back to your local community.
- Is a good way to use your existing skills, learn new ones, and gives you experience that you can build on for your CV, which provides a natural sense of accomplishment.
- Increases your self-confidence that you can use in all aspects of your life.
- Provides a sense of purpose, pride and identity.

The Volunteer role

Kettering Mind is a user-led organisation and the activities / groups facilitated are based on what is wanted or needed, and dependent upon transferrable skills that volunteers, members and workers already have, and are willing to use. The volunteer role includes listening, supporting and encouraging individuals to feel empowered.

The underpinning aim of the volunteer role is to empower individuals to gain:

- Improved resilience and skills for self-management
- Improved mental health and emotional well-being
- For individuals to feel there is hope, control and opportunity within their life

Volunteers will be based at Kettering Mind and may be involved in:

- Peer support activities and games e.g. board games, connect four, dominoes, pool, chess or cards, quizzes, discussions etc.
- Creative afternoons or wellbeing discussions etc.
- Baking or cooking sessions
- Supporting staff and members prepare and serve food within the centre and Mixing Bowl
- Fundraising activities

Please complete the application form and submit to:

Kettering Mind 49-51 Russell Street, Kettering, Northants, NN16 0EN

Or by email to: info@ketteringmind.org.uk

A member of the team will be in contact with you, to discuss your application further.

This overview sheet and the useful information on the reverse are for you to keep.

Form reviewed December 2018

Registered Charity number 1059373 Registered Company number 03530898

Useful Information

Kettering Mind Telephone: 01536 523216 (Office hours 0900 – 1630 Mon – Fri)	
Kettering Mind	<p>As a mental health organisation we support adults who experience mental health problems. In many ways, mental health is just like physical health: everybody has it and we need to take care of it.</p> <p>Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.</p> <p>Individuals choose to come to Kettering Mind and volunteers support the regular activities that make a positive difference to someone's day, and are accepting of each individual's circumstances. Small things can, and do make a big difference.</p>
Time commitment	This will depend on the activity, and what you are able to give. Usually we ask for a regular weekly commitment of 3 hours
Location of volunteering	Kettering Mind Resource Centre 49 – 51 Russell Street, Kettering, Northants NN16 0EN
Volunteering times	This will depend upon the role, however the core times are between 1000 – 1600 Monday, Wednesday, Thursday and Friday
Things to think about before you volunteer	<p>Why are you doing it? If you are clear about why you want to volunteer then you are more likely to know what you want to do.</p> <p>What do you want to do? Think about the type of activity that interests you or something that you would enjoy doing.</p> <p>Can you make a regular commitment? Be realistic about how much time you can spare and over what period of time. Do not over commit yourself.</p> <p>What skills do you have to offer? You may have certain skills or talents that you would like to put to use in the course of your volunteering, for example, financial skills, musical ability or IT skills or perhaps you are a good listener.</p>
Training	All volunteers have a volunteer induction, are invited to all in-house training sessions and receive ongoing support / guidance in their role.

We're Kettering Mind, the mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now. Whether you're stressed, depressed or in crisis. We'll listen, give advice, and fight your corner.

Volunteering Application Form

Part 1

Personal Details	
Name	Date of Birth:
Gender Male Female	Ethnicity:
Daytime Tel No:	Mobile number:
Address	
Do you give consent for us to leave messages relating to volunteering?	Yes / No
Do you have any access requirements?	Yes / No
Please confirm you have read the volunteer overview sheet and this is your understanding of what you are applying for	Yes / No
Do you give consent for us to send emails relating to volunteering?	Yes / No
If yes, please print your email address:	
How did you hear about Kettering Mind?	
Please sign below to acknowledge and give consent to volunteer notes being recorded on Kettering Mind systems;	
Signature;	Date
About you	
A) Why do you want to volunteer with Kettering Mind?	
What areas of volunteering are you most interested in?	
<input type="checkbox"/> Peer support activities <input type="checkbox"/> Arts and crafts <input type="checkbox"/> Music and performance <input type="checkbox"/> Cooking and baking	<input type="checkbox"/> Gardening and environmental <input type="checkbox"/> Fundraising PR and campaigning <input type="checkbox"/> Mixing bowl Information and Refreshment Centre <input type="checkbox"/> Numeracy literacy and budgeting

A) What hobbies and interests do you have?

B) What is important to you? (What aspirations do you have? what do you hope for? What benefits would you like to see in your life?)

C) Do you have any ethnic, gender, culture & diversity needs that we can support you with whilst volunteering?

All volunteers are required to give the names of two independent sponsors (not related to you) that can be contacted by Kettering Mind to give a reference for you. One sponsor should be someone of standing in the community.

Sponsor 1

Name	
Address	
Telephone no.	
Email address:	<i>Please print</i>

Sponsor 2

Name	
Address	
Telephone no.	
Email address:	<i>Please print</i>