

To find out more about volunteering with MindWise or to request an application pack

Visit our website: www.mindwisenv.org
Email: volunteer@mindwisenv.org

MindWise is a leading membership-based mental health charity in Northern Ireland. We have been working with and for people of all ages directly affected by mental health issues as well as families, carers, employers and teachers for over 50 years.

Our vision and values

Our vision is a world where mental health and wellbeing is everyone's business. Our values underpin everything that we do in supporting people affected by mental health issues.



Passion



Respect



Empathy



Togetherness



Openness and Transparency

Supporting and empowering people affected by mental illness to live their best lives.



For more information on all MindWise services, contact:

MindWise
Pinewood House
46 Newforge Lane
Belfast
BT9 5NW

Tel: 02890 402323

info@mindwisenv.org
www.mindwisenv.org

Registered with the Charity Commission for Northern Ireland NIC103469. Registered in Northern Ireland Number NI071976. HMRC Charity Reference Number XT14999.



INVESTORS IN PEOPLE
We invest in people Gold



active **8** **Active 8**
Volunteer Programme

Supporting and empowering people affected by mental health issues to live their best lives.



The Active 8 volunteer programme is an empowerment initiative delivered by MindWise throughout Northern Ireland. The programme aims to support people with mental illness, their carers and members of the public to start volunteering.

The Active 8 Volunteer Programme

Who can apply?

Anyone over the age of 16 can apply to become a volunteer. Some roles require you to be over the age of 18. You don't need to have any previous skills or experience as free training will be provided to help support you in your chosen role.

Why volunteer with MindWise?

Without our volunteers, we wouldn't be able to run many of the activities that support people across Northern Ireland in their recovery from mental illness. If you can spare a few hours a week, or a few hours a month, there's more ways to volunteer at MindWise than you think.

Becoming a volunteer with MindWise has many benefits such as:

- A wide range of roles and locations to volunteer in.
- An opportunity to learn new skills and gain valuable experiences.
- An opportunity for personal development and to help others.
- Being able to make a valuable contribution to MindWise and its partner organisations.

All volunteers are fully supported in their role via regular guidance and support, and 'out of pocket' expenses incurred whilst volunteering are reimbursed.

Active 8 Elements

- Self-management
- Carer Recovery
- Life Skills
- Volunteering within MindWise
- External Volunteering
- Group Facilitation
- Committee Representation
- Media Volunteering

"Volunteering with MindWise has given me a sense of purpose"

- Michael, volunteer

