

Volunteering Opportunities



**Oxfordshire
Mental Health
Partnership**

Connection floating support

As a volunteer, you will have the opportunity to make a difference to people's lives in your community, sharing your own skills and life experiences in order to help support them with their housing-related needs.

You can assist us with:

- Debt reduction
- Accessing social and community services
- Maintaining accommodation
- Supporting physical and mental wellbeing
- Employment and training

Volunteering with us gives you the opportunity to learn new skills, give back to the community, improve your employment opportunities and meet new people.

If you're interested in volunteering with us then please email angeladormon@connectionfs.org for an application form.



We currently offer volunteering opportunities at Elmore in Administration and Reception roles. If you're interested in becoming a volunteer with us then please email

info@elmorecommunityservices.org.uk.

Oxford Health NHS Foundation Trust

Our volunteers are a vital part of the Trust and contribute to our value of providing excellent care by excellent people. Due to the remarkable support our volunteers give by donating their time, we are able to offer the best possible care to our patients. Our volunteers come from a variety of different cultures, ethnicities and communities and are aged between 17 and 90.

Volunteering is a two-way process; the Trust gains an integral member of the workforce who enhances and complements the care we provide. Benefits for the volunteer include making a real difference to someone's life and improving their confidence and motivation.

What volunteering activities individuals can do varies across our services and availability changes, roles can include supporting patients and staff on a ward, supporting meal times on a ward and basic administration.

If you are interested in volunteering options please email honorary.contracts@oxfordhealth.nhs.uk and the recruitment team will get back to you.



Volunteers are essential to our work, enabling us to provide more and better services to people with mental health concerns. All of our volunteers receive full training and support so you can develop your skills and experience. We have all sorts of opportunities available throughout Oxfordshire:

- Project helpers
- Benefit advice volunteers in our Benefits for Better Mental Health team
- Admin volunteers
- Peer Supporters (in groups and 1:1)
- Sports volunteers
- Information line volunteers

And many more!

If you have a skill you want to use, but don't see it listed, please get in touch so we can chat about how we could work together. Email us at volunteering@oxfordshiremind.org.uk or call **01865 263741**.



"Seeing people recover, find accommodation and employment made volunteering seem all the more worthwhile."

"The training is excellent, some of the best I've ever had."



At Response, we are working with the Pathway Workshop in Blackbird Leys to help provide employment and skills

training to people who have a wide range of mental health disabilities.

We rely on volunteers to help us run the Pathway Workshop and front office smoothly. We can work around your availability, give you a full induction and pay any travel expenses. Also, if you're volunteering in the workshop, we also contribute £25 for a pair of suitable work boots.

There are many so roles where you could help and these include:

Carpenters, joiners and general trades

– if you've got a background in wood or related trades we've got jobs for you! From helping us produce goods, passing on your skills or just giving us great ideas for new products, we'd love to hear from you.

Workshop staffing – don't worry if you've never even picked up a piece of wood before. We welcome people to help us make kindling, general workshop jobs, stock management and helping with production.

Social media – if you know your way around social media, please do get in touch. We need help setting our social media up and getting the word out. We're looking to promote through Twitter, Facebook and Instagram.

To find out more about The Pathway Workshop and see how you could play a part in helping to change lives, please contact Nina on **01865 714111** or email **ninao@pathway-workshop.co.uk**

restore

working for mental health

At Restore we currently have five different kinds of volunteering roles available:

Recovery Group volunteers – support members with mental health issues on their journey of recovery by taking part in group activities such as gardening, catering, woodwork and arts and crafts. This role involves supporting, encouraging and motivating members, and could involve one-to-one or group support. Ideally, volunteers are asked to be present for the whole day (9.30am – 3.30pm), although there can be some flexibility. Our Recovery Groups are based at The Garden Café and Beehive at Manzil Way and Elder Stubbs Allotment, all in Cowley. We also have the Littlemore Recovery Group at Littlemore Mental Health Centre, The Orchard in Banbury and Fleet Meadow in Didcot.

Garden Café volunteer – support staff and Restore members to run our popular, picturesque café at Manzil Way. Shifts are either a full day (9am – 4.30pm) or half days (9am – 1.30pm or 12.30pm – 4.30pm).

Coaching volunteers – offer one-to-one employment support to clients with mental health issues referred to Restore. Volunteers will be asked to give a minimum of two hours a week in this role, between 10am – 4pm on Restore sites.

Fundraising volunteers – support our Fundraising Manager to organise fundraising events for Restore, plus research and complete fundraising applications. Based at Manzil Way.

Opportunities Project volunteer – supporting in-patients on acute psychiatric wards to keep their jobs. Volunteers will go onto wards on Tuesdays.

Experience of mental health problems is not required, but an ability to be sensitive to the issues faced by those experiencing mental ill health is important, as well as being able to offer appropriate support.

If you are interested in applying to volunteer with us, please fill in an application form online at **www.restore.org.uk/volunteer**

"I feel very proud to be part of such a creative, caring and positive group of people."

