
A photograph of two hands, one with dark skin and one with light skin, clasped together in a supportive grip. They are positioned in front of a large, faint white chalk circle drawn on a grey surface. The lighting is soft, highlighting the textures of the skin and the chalk.

 mind
Hull and
East Yorkshire

Volunteer with us

With your help, we can change lives, locally.

Thank you!

By volunteering with Hull and East Yorkshire Mind, more people experiencing poor mental health get the support they need and the respect they deserve – and that's a very big deal. So thank you.

Every year, 1 in 4 of us will experience a mental health problem. We believe no-one should have to face this alone.

We won't give up until everyone experiencing a mental health problem gets both support and respect, and we couldn't do this without our fantastic volunteers like you.

Thank you for helping us to change lives, locally.

Emma

Emma Dallimore

Chief Executive
Hull and East Yorkshire Mind





Who we are

We are Hull and East Yorkshire Mind - your local mental health charity. Founded in 1976, we have been supporting local people with their mental health for over 40 years.

As an independent charity governed by a group of local trustees, Hull and East Yorkshire Mind is affiliated to the Mind network made up of over 125 organisations across England and Wales delivering services, campaigning and giving a voice to people with mental health problems, their families, carers and community.

Our **VISION** is that we won't give up until everyone experiencing a mental health problem gets both support and respect.

Our **MISSION** is to work with partners to intervene as early as possible, providing advice and support to empower and give hope to anyone experiencing a mental health problem. We campaign locally to improve services and reduce stigma and discrimination.



Who we are

We believe:

- Everyone has mental health: there is no place for stigma.
- Everyone deserves the chance of a fulfilling life.
- Lived experience is powerful and can generate hope.
- Spaces where everyone can feel supported and safe, not judged but respected, are vital.
- Everyone brings something valuable to the work.
- We can effect change and will do everything in our power to improve lives.

For more information on who we are, our model of mental health care, or information about our Board of Trustees and Leadership team, please visit our website at www.heymin.org.uk

You can also find out more about our services, our partnerships and other opportunities we have available that help support mental health across Hull and East Yorkshire.

Why volunteer?

Hull & East Yorkshire Mind prides itself on the quality of the services it provides to the community and believes that this is rooted in the quality and skill of its staff and volunteers.

At Hull and East Yorkshire Mind, we have over 100 volunteers supporting us with every aspect of the work we do. From office admin volunteers, events and fundraising volunteers, through to our trustees and front line volunteers.

Our front line workers lead and support our groups, mentor and befriend service users, support those who have lost from suicide, and help people striving to stay in work.

As an organisation the support we offer is constantly growing and adapting, therefore so does our need for volunteers. Anyone can volunteer at Hull and East Yorkshire Mind - however you may need to be over 18 to Volunteer on some of our services.



The benefits of volunteering

There are no specific skills or qualifications required to be a volunteer with us, we only look for enthusiasm, commitment and workplace values. The individual role requirements will be clearly stated in the role descriptions on our website, or you can ask a member of our volunteering team to find out more.

Learn new skills

Volunteering can help you to learn new or develop existing skills e.g. communication, organisation, teamwork, active listening, signposting...

Be part of a great team

Work with an incredible team of staff and volunteers dedicated to improving mental health support and services in our local area.

It's good for your wellbeing

Giving back and helping out other people not only has a positive impact on them but it can also make you feel good.

All training is provided

You will need to complete all of our essential training sessions. E.g. Volunteer introductory General Training, Personal Safety and Equality & Diversity...

Support the mental health of Hull and East Yorkshire

If you're passionate about mental health then join us and be the positive change for young people and adults all across Hull and East Yorkshire.

Ways you can get involved

One to one support

We are looking for committed and friendly volunteers who are eager to lend a listening ear when it is needed most. One to one support will match you with a client, and you can either meet face to face or talk over the phone to help and support them with their mental health for as long as they need.

Group support

We run a range of different groups to support people with their mental health and wellbeing needs. Groups can be very rewarding for everyone attending and will allow you build relationships with a variety of people. As well as supporting a group, we can look into your own ideas for running one if you have something to offer e.g. art, cooking, sewing...

Event support and fundraising

We are always looking for enthusiastic event support volunteers to help us raise the awareness and money needed to help us carry out our work. If you think you could help organise an - big or small - then let us know because we'd love to have you on board! To get involved you can request a fundraising pack via our website: www.heyminid.org.uk/fundraising

Virtual support

As well as meeting clients face to face we can also support them via virtually via helplines, phone calls and zoom meetings. These services are likely to run in unsociable hours (like evenings and weekends) so we are looking for committed individuals who are willing to work any hours and are comfortable with making and receiving calls.

Meet our volunteers

Volunteering for Hull and East Yorkshire Mind will be an incredible and extremely rewarding experience. But don't just take our word for it – here's what some of our volunteers have to say about volunteering with us...

Name: Stuart Robinson

Volunteer for: 12+ years

Current role: Peer Support Groups

“Based at the then Beverley site in 2009, I originally started supporting the arts and social group, during which time I underwent mentor training and became a mentor. Since then I have undertaken most, if not all of the various volunteering roles. The length of time I've spent as a volunteer is testimony to the enjoyment I have had helping their dedicated staff and service users. It has been an immensely rewarding experience and I feel a sense of pride whenever I wear my lanyard.”



Name: Paula Wittaker

Volunteer for: Since May 2021

Current role: Together service

“After going through bereavement myself and experiencing first-hand the incredible work that Hull and East Yorkshire Mind does, I really felt the need to help others in any way I could, no matter how small. The training and mentoring I received for this role is fabulous, and I'm so grateful to be part of such a caring community at Hull and East Yorkshire Mind.”

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Name: Mike Gill

Volunteer for: 14 years

Current role: Trustee

“ I joined Hull and East Yorkshire Mind in 2008 as Trustee. I have never volunteered as such except in my role as a Trustee. I joined the Board as Trustee to share my knowledge and experience across all areas of the charity. I am really happy to devote time to such a worthwhile enterprise. It is really rewarding being a Trustee and it gives me an opportunity to be actively involved in the charitable endeavours at Hull and East Yorkshire Mind. ”



Name: Poppy Latham

Volunteer for: 2 ½ years

Current role: Wellbeing Ambassador

“ I volunteer to ensure that young people's mental health is seen as just as important as adults. Within the role I have done things such as: making sure the people hired to work with young people are best suited for the job. I really enjoy working with other people and hearing their thoughts and ideas. It's always a friendly and inclusive environment and I feel that my ideas are heard and validated too. ”





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