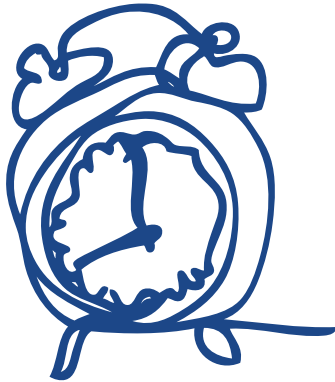


What is volunteering?

- This booklet is about volunteering in general but has been designed specifically about volunteering at Manchester Mind.
- This booklet has been designed by young people to help others understand how the volunteering works and what to expect.



- Lots of people volunteer.
- Volunteers are not paid. They give their time for free to help others.
- ▲ They learn new skills and have an enjoyable experience.



Cooking in  
community cafés



Office based and  
computer work



Fundraising



Helping people get  
out and about



Getting involved in  
youth clubs &  
community centres



Supporting people  
to learn skills

■ These are some of the ways people volunteer.



Growing and gardening



Art groups



Sports



Libraries



Media



Charity shops

■ There are lots of other places to volunteer too.



- There may be an assessment.
- This is to check the volunteering opportunity is the right one for you and it is a chance to say what you are interested in.
- ▲ There may be a form that is filled in.
- ★ You can have a copy of the form to read or you can fill in the form yourself if you would prefer.



- You will learn new skills.
- You can use these skills in your life and they may help you get a job.

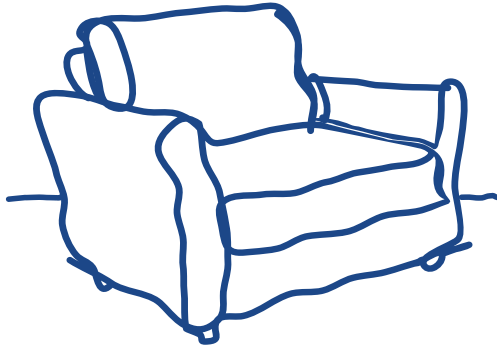


- You will be given training.
- This is nothing like school and it is usually fun.
- ▲ Sometimes volunteers are given certificates.





- If you get the bus then you will be given the bus fare back when you volunteer.
- You will need to keep the ticket to do this.



- There is often somewhere to sit if you need some quiet time or a break.
- There is often someone who will check things are going okay.
- ▲ This is usually a volunteer co-ordinator, manager, supervisor or mentor.



- It can sometimes take a while to find the right volunteering opportunity.
- It is okay if you change your mind about wanting to volunteer or if you want to try a different type of role.
- ▲ Finding the right volunteer role will mean you enjoy it more and get more out of the experience.
- ★ Speak to the person who supports the volunteers if you want to discuss this.



- It is okay if you don't feel up to it one day.
- You can phone to let the people know and arrange a different time to come in.

Volunteering helped me get the type of job I wanted.

I like using my skills and knowledge to help a charity.

I have learnt new skills.

I feel more positive now.

I met so many interesting people.

The training was so interesting.

I volunteered in the kitchen and it was fun.

- Most people who volunteer really enjoy themselves. Here are some of the things volunteers have said.



- There are places where you can get advice on volunteering and finding volunteering opportunities.
- These are usually called Volunteer Centres or Volunteer Bureaux.

- Manchester Mind has lots of volunteering opportunities. You can find out more information at [www.manchestermind.org](http://www.manchestermind.org) or contact us for more specific information.

Opportunities for  
15 to 25 year olds

0161 221 3054

[yasp@manchestermind.org](mailto:yasp@manchestermind.org)

Opportunities for  
any adult

0161 769 5732

[info@manchestermind.org](mailto:info@manchestermind.org)

- We also welcome members of the community who kindly donate to us and who carry out fundraising activities on our behalf.

## Thank you

to all the volunteers at Manchester Mind who helped with the images and the content for this booklet. Thank you also to the members at ASGMA (Autistic Society Greater Manchester Area) who were involved in choosing the layout and content for this booklet.

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