



**For better  
mental health**

**Mind in Manchester Limited**

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## Inreach Volunteer Mentors

The Inreach Project supports people using Manchester's day services, including the Day Centres located in North, Central and South Manchester. The project aims to increase opportunities for people to develop interests, activities and relationships in addition to and beyond day services.

We are looking for volunteers to support clients with severe and enduring mental health needs to become more confident in organising activities for themselves and to move forward in life.

Examples of the types of activities that clients wish to undertake include:

- Participating or watching a sporting event, such as darts or badminton
- Flower arranging
- Visiting the cinema or a theatre
- Enrolling on a college course
- Attending drumming workshops
- Completing a training course

You will gain invaluable skills and experience of working in the mental health sector. Previous volunteers have become social workers, support workers, psychotherapists and clinical psychologists. The experience of mentoring has great personal value, with benefits such as increased confidence and self esteem, learning new skills and the satisfaction of making a real difference.

For further information telephone Susan on 0161 272 8204 or email [inreach@mindinmanchester.org.uk](mailto:inreach@mindinmanchester.org.uk)

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