



For better  
mental health

**Mind in Manchester Limited**

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# Inreach Volunteer Mentor Role Description

## Role Description

The Inreach Volunteer Mentors will support a client of Manchester Community Living Services, generally with severe and enduring mental health needs, who is looking to reduce their social isolation by undertaking new activities and meeting new people outside day services.

Volunteers will:-

- Undergo initial training in mental health awareness and mentoring
- Attend supervision meetings once a month with the Coordinator
- Be 'matched' with a client based on shared interests and experience
- Initially meet with clients to assess compatibility and establish goals
- Meet client once a week for 6 months to undertake an activity that will promote social inclusion
- Participate in additional training, peer supervision and evaluation as required by the project

## Person Specification

- Commitment to helping people improve their mental health.
- Must be familiar with Manchester and/or the surrounding area.
- The work will mainly take place evenings and weekends although some daytime work is available.
- Must be able to attend at least one two-hour meeting each week along with training and supervision as required.
- Direct or indirect experience of mental illness or mental distress would be advantageous in terms of understanding the issues people face.
- Must be committed to Equal Opportunities and respect diversity.