



## Community Activist - Mind

### Volunteering role description

<b>Team:</b>	Policy and Campaigns
<b>Opportunity:</b>	Volunteer role title
<b>Responsible to:</b>	Parliamentary and Campaigns team
<b>Hours:</b>	Flexible, up to 2 days per month (for a minimum of 6 months)
<b>Located at:</b>	Remote

### About the volunteering opportunity

We're building a team of Mind community activists to support our national campaigns by organising locally, bringing people together and speaking with decision-makers. Whether it's your own experience or about someone close to you, your story matters, we want to help you tell it

All you need is a passion for better mental health – we will give you training sessions and resources to help you feel confident about networking and speaking out. Small campaign actions in your own area help build momentum across the country. Together we can make change happen.

We welcome interest from those individuals who have direct or indirect experience of a mental health problem. Mind aims to ensure that the needs and interest of mental health services users, men, women, Black and Minority Ethnic communities, disabled people, lesbians, gay men and bisexuals and people of all ages are reflected in all its activities. The Volunteer is expected to contribute to this aim.

### Areas you will gain experience in

- Helping to create a better mental health landscape
- Support campaigns through speaking, writing letters and emails
- Building relationships and making local links with Mind Supporters and local decision makers
- Learn how to negotiation and influence a local decision-maker
- Engaging people locally with meaningful activities

### The skills you need

- A passion for better mental health
- Willingness to learn and try new things
- To be comfortable talking with a range of people

### What you can expect form us

- Reasonable expenses
- Training sessions and resources to help you feel confident about networking and speaking out.
- Ongoing support