

Volunteering Opportunities

Washington Mind seeks to involve volunteers from a wide range of backgrounds and abilities. We believe that the people who use our services can bring unique understanding and empathy to staff/volunteer roles and therefore encourage service users to apply for volunteering roles and opportunities.

All potential volunteers will be asked to attend an informal interview and be required to complete a DBS (Disclosure and Barring Service) application and provide two referees. All volunteers will receive induction training and begin on a three month trial period. A staff/volunteer training programme is in place and training will be offered that is appropriate to the volunteering role. Both group and individual peer support is provided.

Training Opportunities:

To enhance the skills and knowledge base of staff and volunteers we provide a rolling programme of training including safeguarding, mental health awareness and personal development.

Service users and carers have provided training to staff and volunteers; sharing their own experiences of 'living with' mental ill health and/or emotional distress.

Washington Mind is a registered charity and relies on donations to continue its work. Please help if you can.

Charitable Incorporated Organisation: 1156010

 mind | Washington

How can you



“Washington Mind’s mission is to work in partnership with our community to promote recovery and improve mental health and wellbeing”

Washington Mind, The Life House,
Grasmere Terrace, Columbia,
Washington. NE38 7LP
Telephone: 0191 417 8043
Email: info@washingtonmind.org.uk
Web: www.washingtonmind.org.uk



Seeing people – not problems ... 

Who are we?

Washington Mind is a charitable incorporated organisation providing locally based mental health services in the Washington area for over 30 years. We are affiliated to National Mind, the largest Mental Health Charity in England.

Washington Mind is a voluntary organisation with a team of professionals including qualified and student therapists, support workers, volunteers, alternative therapists, trainers and group facilitators, all working within the process of recovery.



The views of all of the people who use our services are important to us and there are various ways you can be involved and have your voice heard:

- *Speak directly to staff member or volunteer*
- *Email - info@washingtonmind.org.uk*
- *Text—07507330995*
- *Write to Washington Mind*
- *Contribute to group meetings*
- *Use suggestion box provided*
- *Complete services evaluation form*
- *Speak directly to a Sub Group member*
- *Join a sub group (e.g. committee, funding, newsletter)*

Contributing through group involvement...

Group Meetings:

Washington Mind Involvement Group meetings take place monthly at The Life House and are open to all Washington Mind service users, staff and volunteers. All are welcome to contribute to the meeting agenda and minutes of the meeting are displayed in the Open Mind sessions. The minutes are also available at each outreach location on request.

Sub Groups:

Sub groups are established to meet the needs of our organisation, for example, a fundraising sub group. Members of the Sub Group are volunteers who are current service users of Washington Mind. Sub Group meetings are scheduled prior to Committee meetings and members are also invited to attend Committee meetings

The role of the Sub Groups are

To provide information and feedback to the Executive Committee with regard to the responsibilities of the sub group e.g. fundraising
To actively be involved in the successful development of Washington Mind.

To be an active link between our service users and our Executive Committee.

Project Steering / Focus Groups:

Our services are developed on an ongoing basis and focus / steering groups are established to move forward particular projects e.g. The Young Peoples Project Steering Group.

Newsletter Group:

Contributing articles and items to the bi-monthly newsletter.