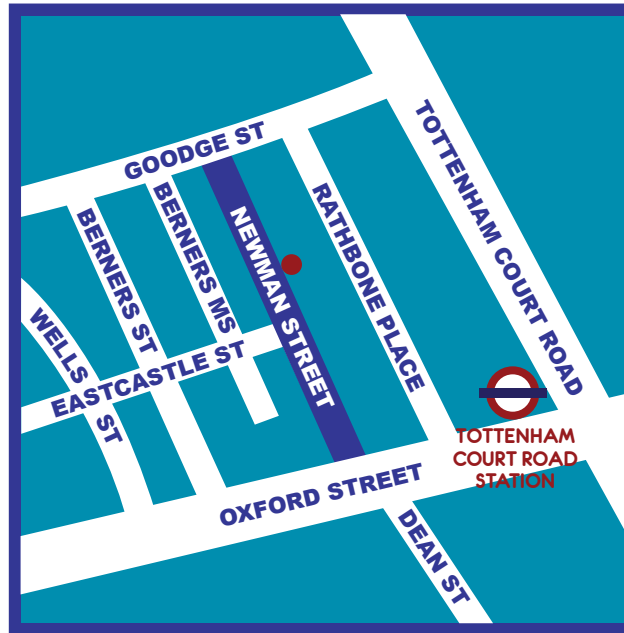


SUPPORT 4 volunteering

Any questions please contact us on

Project Co-ordinator
Support4Volunteering
Westminster Mind
26 Newman Street
London
W1T 1PW

Tel: 0207 580 9278
Fax: 020 7436 3351
support4vol@westminstermind.org.uk



Do you live in Westminster?

Want to volunteer but don't know where to start?

Worried that your mental health will be a barrier?

"Volunteering helped me to get involved in my local community"

"Volunteering helped me to build confidence and to learn new skills. It didn't affect my benefits"



BE WHO YOU WANT TO BE

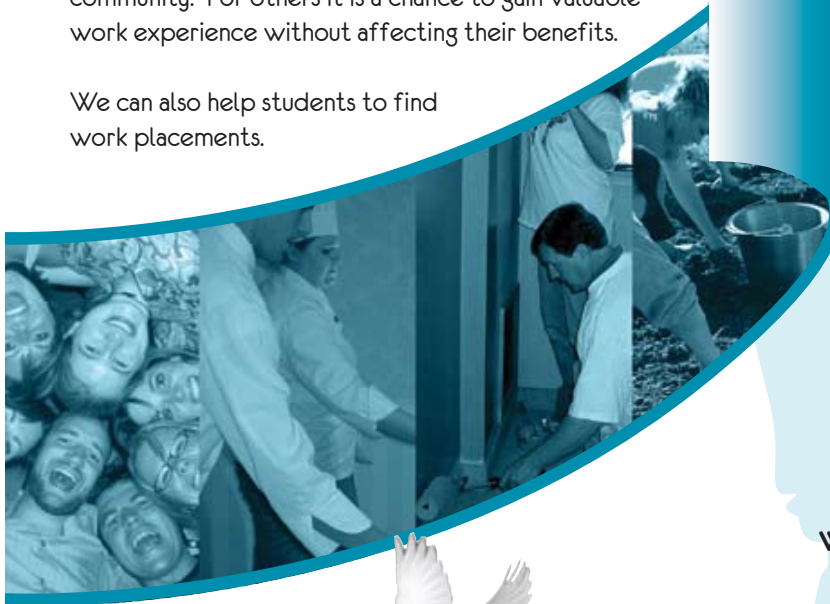


SUPPORT volunteering

We support Westminster residents who have some mental health support needs and are not confident enough to access opportunities on their own. We accept self-referrals or referrals from support workers.

Volunteering means different things to different people. For some it is an opportunity to pursue an interest, meet new people and help their local community. For others it is a chance to gain valuable work experience without affecting their benefits.

We can also help students to find work placements.



1

We will then invite you for an informal meeting to talk about your volunteering needs.

2

We will help you with forms, CVs, interviews and appointments.

3

We will speak to local companies to find the right position for you.

4

We can accompany you on your first day.



VOLUNTEER NOW

Before you go any further please check that you are a resident of Westminster receiving support for your mental health

YES NO

About you ...

Name _____

Address _____

Post code _____

Tel number _____

Date of Birth _____

Referred by

Self
Someone else

If Referred

Name of Referrer _____

Title _____

Contact number _____

Address _____

Postcode _____

Volunteering will not affect your benefits