

The Mental Health Volunteering Fair

List of Exhibitors – 11 October

Age UK Islington

We play an important role in the Health & Social Care sector within the Borough of Islington, helping patients with complex and long term health conditions: connecting to and delivering a broad range of support to help clients manage independently. Join our Choice & Control team to help patients source non-traditional care and support using personal health budgets; join as a Wellbeing Calling Volunteer to check up on the welfare of people who have previously used the services of Age UK Islington; host Get Togethers, helping people to socially connect, plus many other roles.

Body & Soul

We are a charity dedicated to transforming the life-threatening effects of adverse childhood experiences. Our volunteer opportunities are as varied as the innovative and creative programmes we offer to combat trauma. You can get stuck in as a wellbeing mentor, children's playworker, workshop designer and facilitator, phone outreach peer supporter, or researcher. We provide full training, including ongoing support to help you develop your skills. Whatever suits your strengths, interests, and passions, you can help us support the physical, mental and emotional health and well-being of people of all ages in the best way that you can.

CALM (Campaign Against Living Miserably)

Our volunteer team make sure people who need to know about us, do. They're key to CALM getting our campaigns and message around male suicide and masculinity to as many people as possible. They do this by attending all sorts of events to reach different audiences from gigs, to beer festivals to plays, as well as helping out at the office to make sure our supporters get the best possible experience. While we leave the practical support to paid professionals, CALM's volunteers are essential to making sure anyone who needs to know about that practical support finds out about it.

Coin Street Community Builders

Improving health and wellbeing is a central aim for our team and we are looking for friendly, enthusiastic and reliable volunteers who can join us! We are recruiting for the following roles: Feel Good Saturday – be a friendly face in these sessions for older people, supporting them to access fitness, friendship and a healthy lunch. Gentle Gardening – gardening has a range of mental health and wellbeing benefits and we are always looking for volunteers to join the group. Family Fitness and Fun – running creative and games sessions for children on a Sunday to bring the whole family together.

Healthwatch Central West London

Help improve local health and care by listening to people's experiences of using services. As a Dignity Champion, you will visit publicly funded health and care services, to ensure that people's dignity and privacy is respected, and that the care they receive is meeting their needs. Or, join us as a Community Listener, where you will talk to people about their experiences of health and care, to identify common issues in local services and help affect change.

Holy Cross Centre Trust

Support our various day sessions: from the Camden Hub we run a Mental Health and Recovery Service, Refugee and Asylum Seeker Sessions and a Women's Group. Lead floating support visits: Students will work with clients 1-to-1 at home and in the community to help them live independent and fulfilling lives. Support with administrative tasks: e.g. updating client database, doing desk-based research. Lead an activity in our community wellbeing centre: Help us to break down the barriers between traditionally separated mainstream and mental health services by using your existing interests or hobbies to lead your own wellbeing activity that'll be accessible to the community as a whole.

Home-Start Camden and Islington

Are you a parent or do you have parenting experience? Would you like to enhance your skills and offer friendship and support to families with young children? Can you give 3-4 hours weekly to visit a family with young children who may be going through a stressful time? Then come and talk to us at the fair and find out about our training session!

London Nightline

Are you interested in student welfare, and supporting those studying with London-based universities? Come and sign up to become one of our Hotline Volunteers! Applications for our next training session in January 2019 are already open. You'll learn active listening skills, practise your non-directive questioning abilities, and meet lots of other students based across London. If you're not interested in volunteering on our lines, we also have opportunities to join our publicity team, where you would focus on improving awareness and attitudes towards student welfare. Come and say hi for more information!

Mental Health Fight Club – The Dragon Cafe

A Pop Up Arts & Mental Health Cafe providing a safe, creative space with Vegetarian Cafe, art, tai chi, chess, mindfulness, dancing, singing, Yoga, creative writing, performance, talks, & film. Open on Mondays only. We are seeking the following volunteers: Reception; Setting up creative areas; Packing away creative spaces; Kitchen Team.

Olly's Future

We aim to raise awareness of young suicide and were founded in memory of Olly Hare, a former UCL History graduate. If you are interested in getting involved, you could take on the role of a Student Ambassador and help promote our work across UCL, be it by promoting our Altruism Award, our mental health open mic nights or by raising awareness of our work more generally.

One Support - One Housing Group

We aim to improve the quality of life of our customers, building confidence and skills to allow them to live independently while playing an active role in their communities. We view all our customers as individuals whose talents and aspirations need to be realised, treating them with respect and dignity, and focussing on achieving real results.

ReachOut

We are a mentoring charity working with young people in disadvantaged communities to give them the individual support they need to achieve their potential. We are looking for caring UCL students from all disciplines to join us as a mentor for 2 hours a week to work with our young people to help them develop their character, raise their aspirations and to develop their self-confidence. Mentors who spend 2 hours a week with a young person, can make a real difference in a young person's life, helping them build the skills they need to become the best version of themselves.

Refugee Therapy Centre

We're looking for enthusiastic, committed medical students for its Mentoring Project. This is a great opportunity to gain experience of working with refugees and asylum seekers in a mental health setting. Volunteers will get to meet regularly with a senior psychotherapist for supervision. Being a mentor involves spending 3 hours a week supporting isolated people and/or children with adapting to life in the UK, improving their confidence and communication skills. This gives you the opportunity to meet people from all over the world and to start changing people's lives now before you are qualified.

Resource for Autism

In supporting those with autism you will get to develop even greater communication skills and how to relate to different people. You will be using your abilities to support either children, young people or adults with autism, helping them to develop through setting up programmes that will alleviate anxiety, help them access hobbies and maybe leave a time table with the parents to model activities which were done. You will be able to use social stories, the Picture Exchange Communication system PECS if needed. Training is given along with ongoing support. A fantastic opportunity to grow your skills.

Sante Refugee Mental Health Project

As a Befriender, you can help us by visiting a service once weekly for an hour to offer practical support. Your role will be varied - it may be form-filling, phonecalls, and accompanying the service user to appointments, such as legal advice and refugee reporting centres. Travel may be up to an hour as service users live in the outskirts. Occasionally service users may reside in hospital or a care home, but, generally, they are homeless and destitute. Your contact with them is often suicide prevention. No previous experience required but empathy for the refugee condition. Emotionally rewarding and culturally enriching. You'll be extremely valued.

The Camden Society

Our volunteers are an integral part of the Camden Society team. We value their time given, experience and knowledge shared and most importantly the help given results in a positive outcome for all people with learning difficulties. PASS is a Physical Activity Support Service Aiming to get adults with a disability and/or mental health condition to enjoy and participate regularly in physical activity such as walking and cycling to improve health and wellbeing.

The Conservation Volunteer

We work with thousands of people across the UK, helping them to discover, improve and enjoy their local green spaces and by doing so create happier and healthier communities. TCV's Green Gym project is 'exercise to make a difference'. We run fun and free outdoor volunteering sessions to help us keep active, improve our health, boost well-being and learn about practical nature conservation. No experience necessary, just join in and feel good! As a Volunteer Leader you will be facilitating volunteer engagement and playing an integral role in the smooth running of the Green Gym.

The Listening Place

The Listening Place, a volunteer led charity, offers face to face support for people who feel that life is no longer worth living. To offer this vital service we are recruiting for three roles; Listening Volunteers, who offer non-judgemental, warm, caring and empathetic support to our visitors, Helping Volunteers who welcome visitors and provide support to their team and Admin Volunteers who offer administrative support for the organisation. All volunteers are trained for the role in issues relating to working with people who are suicidal and are, in turn, both supported and supervised by mental health professionals.

The Mix

We're here to help 25s and under get to grips with any challenge they face – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Anywhere and anytime; online, over the phone or via social media. We have several roles available both in our London office and remotely. You could be supporting young people directly via our helpline or helping to create a safe and welcoming space as a moderator on our community. All training and full support is provided for every role.

The Spires Centre

We are an award-winning day centre for homeless and disadvantaged people. We have a range of daytime and evening opportunities available Monday-Friday: Volunteer Counsellors needed to support clients 1:1; Volunteer Learning Assistants needed to support adult learners in classes and workshops; Reading Buddies needed to support clients 1:1; Centre Session Volunteers needed to support Rough Sleeper, Open Access, Women's Space and Drop-In sessions; Outreach Volunteers needed to support early morning and late night outreach sessions working with women imprisoned in sex work. Training and support is provided. You'll make friends, develop new skills, knowledge and confidence.

UP - Unlocking Potential

We are looking for energetic, committed volunteers to help in London primary schools running a wide variety of creative, fun activities for disadvantaged children aged 4 - 11, including art and crafts, reading help, in-class support with academic work and sports or team-building sessions. The commitment is a few hours a week, term time only, for a minimum of 9 months. Prior experience of supporting children is preferable but not essential! All volunteers are subject to enhanced DBS checks. Training and ongoing support are provided and travel expenses are reimbursed.