

## Thank you for your interest in becoming a Community Roadshow Volunteer!

### Who Are Norwich Mind?

We are one of the leading mental health charities working here in Norfolk. Our main role is to reduce the stigma associated with mental health, promote wellness and recovery and support those experiencing mental health problems. We also provide support for those who are in a caring or supporting role. We cover central Norfolk and have over 150 volunteers and staff all working to help people.

### What does a Community Roadshow Volunteer do?

The Community Roadshow is a small project funded by our fundraising money to reach communities in the Norfolk area that may not necessarily have access to mental health information. We are looking for someone to organise and co-ordinate a series of pop up stands in various locations offering information and signposting to the general public. The information provided will include services and support available in the area, Norwich & Central Norfolk Mind's projects and services and promoting mental health and wellbeing.

If you have an understanding of mental health and wellbeing and enjoy organising events, engaging with the general public and are self-motivated then this is the perfect opportunity for you to put your skills into action and support your local mental health charity.

**Download the criteria list for a more detailed look at the role.**

### Training and Support

We want to make sure you get the most out of the role so we will start out by orientating you to the organisation and how your hard efforts will help others. We will train you in how to share your story, how to draw on the team of volunteers we already have and a little bit about professional boundaries. There will also be the potential to have further training including Mental Health First Aid, Safety at Work, Safeguarding Adults and Manual Handling.

We hope this feels like an exciting and interesting opportunity to you.

To apply or for more information contact [volunteering@norwichmind.org.uk](mailto:volunteering@norwichmind.org.uk)