

ARE YOU INTERESTED?

**AVAILABLE
VOLUNTEER
OPPORTUNITIES**



Volunteer OPPORTUNITIES

SOCIAL MEDIA

- Instagram page
- Twitter page
- LinkedIn page
- Website content editor
- Update resources section on website
- Videos - YouTube channel



Volunteer OPPORTUNITIES

MARKETING & PUBLICITY

- Creation of new printed materials
- Graphics for social media

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Volunteer OPPORTUNITIES

SUPPORT

- Support for our moderators
- Support for our ambassadors
- Support for one-to-one team
- One-to-one volunteers
- More Ambassadors
- More Moderators

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Volunteer OPPORTUNITIES

FUNDRAISING

- Merchandise creation
- Support running online shop
- Pushing merchandise online
- Broader fundraising activities

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Volunteer OPPORTUNITIES

CREATIVE PROJECTS

- Setting up of mental health motorbike garage workshops
- Running of more virtual ride outs online sessions
- Online winter programme co-ordinator
- Winter programme - Fun online events quiz/music/etc.
- Winter programme - specialist support sessions

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Volunteer OPPORTUNITIES

EVENTS

- Help and support at events – various levels of volunteers
- Counselling & support at events
- Volunteers working on pop-up shop at events
- Setting up of a pop-up teashop
- Helping with baking for pop-up teashop

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Volunteer OPPORTUNITIES

STRATEGY & POLICY

- A strategic policy and advisory group
- Health and safety adviser
- Help becoming a charity

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Volunteer OPPORTUNITIES

COURSES

- Help designing future training courses
- Support delivering future training courses
- Support on MHFA courses

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Volunteer OPPORTUNITIES

Mental Health First Aid

- Training to become a Mental Health First Aider
- Support members on the members only group
- Working with the team to deliver courses
- Support members 1-1 in a support bubble

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