

## OUR VISION

MindWise works to support those at risk of and affected by severe mental illness and mental health problems.

## OUR VALUES AND BELIEFS

Our beliefs and values underpin everything that we do in supporting people affected by mental health problems.

- ✓ Empowerment
- ✓ Recovery
- ✓ Partnership
- ✓ Fair Treatment
- ✓ Valuing Everyone

## OUR GOALS

1. To raise awareness of the issues affecting those experiencing, or at risk of experiencing, mental health problems, and their families and carers
2. To support recovery through the expansion and development of creative and innovatory 21st century models of best practice and services
3. To continue to develop a high value-based organisation that is dynamic, ambitious and fit for the future

For more information on how to get involved or to request an application pack, see contact details below:

Volunteer Department  
Belfast Resource Centre  
3rd Floor, Fisherwick Building  
9 Upper Queen Street  
BELFAST  
BT1 6FB  
T: 028 9031 5060  
E: [volunteer@mindwisenv.org](mailto:volunteer@mindwisenv.org)  
W: [www.mindwisenv.org](http://www.mindwisenv.org)


Registered in Northern Ireland Number NI071976

MindWise

A NEW VISION  
FOR MENTAL HEALTH



Active 8  
Volunteer  
Programme



The Active 8 volunteer programme is an empowerment initiative delivered by MindWise throughout Northern Ireland. The programme aims to support people with mental illness, their carers and members of the public to start volunteering.

## The Active 8 Volunteer Programme

### Who can apply?

Anyone over the age of 18 can apply to become a volunteer, you don't need to have any previous skills or experience as free training will be provided to help support you in your chosen role.

### Why volunteer with MindWise?

To support the MindWise Mission:

Transforming lives and developing new visions for mental health by challenging stigma and discrimination, and providing quality services and support

Becoming a volunteer with MindWise has many benefits such as;

- ✓ A wide range of roles and locations to volunteer in
- ✓ An opportunity to learn new skills and gain valuable experiences
- ✓ An opportunity for personal development and to help others
- ✓ Being able to make a valuable contribution to MindWise and its partner organisations

All volunteers are fully supported in their role via regular guidance and support and 'out of pocket' expenses incurred whilst volunteering are reimbursed.

### Active 8 Elements

- ✓ Self-management
- ✓ Carer recovery
- ✓ Lifeskills
- ✓ Volunteering within MindWise
- ✓ External volunteering
- ✓ Group facilitation
- ✓ Committee representation
- ✓ Media volunteering