

Supporting volunteers with mental health needs

One-day workshop 09.45 – 16.00

Aim of the Session:

To enable delegates to diversify their volunteer base by developing effective recruitment and retention strategies for volunteers with mental health needs

Learning Objectives

By the end of this session, delegates will:

- be able to relate the concepts of volunteering and mental health to their own situation
- clarify the key barriers to engaging with volunteers with mental health needs
- identify strategies to engage volunteers with mental health needs, applicable to their own situation
- feel confident to engage volunteers with mental health needs in their own programme
- have made a number of key contacts for future support and be able to access further resources

This workshop provides the opportunity for delegates to identify strategies to engage volunteers with mental health needs that are likely to be applicable to their own situation. Possible solutions to barriers amongst our existing volunteers to working with volunteers with mental health needs will be explored.

Outline agenda

09.45 – 10:00	Registration and coffee
10.00 – 10.25	Welcome, introductions & agreeing outcomes for the day
10.25 – 10.45	Volunteering and mental health – summary of research
10.45 – 11.15	Current good practice and identification of priority areas
11.15 – 11.30	Coffee
11.30 – 12.45	Discussion of current initiatives/work-streams
12.45 – 13.30	Lunch
13.30 – 14.45	Discussion of barriers faced and strategies for overcoming these
14.45 – 15.00	Coffee
15.00 – 15.40	Development of action plans and feedback
15.40 – 16.00	Summary and closing context