

Who is Mind in Barnet ?

Founded in 1962, Mind in Barnet is a registered charity providing a range of services to the residents of the London Borough of Barnet with mental health problems.

How are we funded ?

We are primarily supported by the Barnet Primary Care Trust and London Borough of Barnet via grants and service contract.

What do we do ?

The charity works to help people with mental health problems via the provision of Advocacy, Longer Term Outreach and Befriending, Counselling, Day Centre and other support

Mind in Barnet Mission Statement

People Matter

- Supporting people with mental health problems as they move towards a better life in society
- Promoting the dignity, well-being and self-determination of people experiencing mental distress
- Campaigning for social inclusion and combating stigma and discrimination experienced by people with mental health problems
- Ensuring active service user consultation and involvement in the organisation at every level
- Nurturing and developing our staff to enhance both their job satisfaction and the delivery of effective quality services

Mind in Barnet is committed to quality and participation in Quality Management in Mind

SCHOOL WAY - Information and Advice

2 School Way; Woodhouse Road,
North Finchley, N12 0RY
Tel: 020 8343 5700
Fax: 020 8446 3676

Buses:

To Tally Ho Corner
82, 125, 262, 460
To Woodhouse Road
(stops near Woodhouse 6th Form College)
134, 221
Tube: Nearest Station Woodside Park
Parking: Residential Area, relatively easy

Dennis Scott Unit

Edgware Hospital, Burnt Oak Broadway,
Edgware HA8 0AD
Tel: 020 8732 6540

Buses: 32, 142, 204, 251, 292, 614

Tube: Burnt Oak Station (Northern Line)

Parking: Hospital, Pay and Display



For better
mental health

Mind in Barnet

Volunteering

2 School Way
Woodhouse Road
North Finchley
N12 0RY
Tel: 020 8343 5700
Fax: 020 8446 3676

Email: admin@mindinbarnet.org.uk
Website: www.mindinbarnet.org.uk

What do volunteers do?

There are a number of ways volunteers support Mind in Barnet's work

Befriending

What does Longer Term Outreach and Befriending involve?

Support is provided to someone with a mental health problem in the community and involves meeting with them on a one-to-one basis for an hour or so a week. This will usually be for up to one year. Volunteers are known as Befrienders.

The meetings could vary from a walk in the park to going to a café, visiting the shops or just staying in for a chat or listening to music.

Volunteers wanting to do befriending in a group setting can visit the Hendon Project, a residential care home for people over the age of 55 with enduring mental health problems.

Befrienders spend time talking to residents, perhaps playing a game or going out for a coffee.

Day Service

Mind in Barnet's day centre is at School Way in North Finchley. Clients drop in and spend time with others, perhaps talking about their concerns, attending a group or just to spend enjoyable time with friends and the supportive staff.

Short Term Outreach is also available to venues in the local community. This support doesn't include visiting clients in their homes.

Day centre volunteers simply spend time with the centre users, talking and joining in with activities. Volunteer vacancies in the day centre are limited and volunteers usually spend a whole day at the centre on a regular basis.

Advocacy

Mind in Barnet's advocacy service is based at the Dennis Scott Unit at Edgware Community Hospital. Advocacy Workers support users of mental health services to speak up for themselves when they need specific help or are not happy with their treatment. Volunteer advocates participate in supporting clients dropping in to the advocacy office, providing administrative support and talking with clients and perhaps undertaking some case work. A minimum commitment of one day a week for at least one year is required.

Other volunteer opportunities

We are pleased to hear from people interested in helping with fundraising activities.

Volunteers can sometimes provide administrative support to staff at busy times of the year on a casual basis. No experience is required and training can be given.

Our Board of Trustees also welcomes new members who have skills to offer and time to spare.

What kind of people volunteer?

People of all ages and backgrounds volunteer with Mind in Barnet. Whether you are looking for experience of working in the mental health field or just have some time to spare and want to do something useful, Mind in Barnet would be interested to hear from you. Volunteers do not need to have specific experience or skills but must be warm, caring, reliable and respectful.

What are the benefits of volunteering?

Volunteering with people with mental health problems can be very rewarding. You can develop your skills and gain new ones. You will meet lots of new and interesting people. If you are interested in working in mental health or are training as counsellor, volunteering is an excellent way of gaining experience and learning more about the work.

We take seriously our responsibility to our volunteers and we want your experience with us to be enjoyable and rewarding. You will receive excellent training and support and reasonable expenses can be given.

How do I find out more?

For further information about any volunteering opportunities, please contact the Admin Team on 020 8343 5700. We answer any questions and let you know how to apply. We look forward to hearing from you.