Why I Volunteer at BAND

I volunteer at BAND because the people are friendly and if I stay at home I would feel depressed and get so ill that I might have to go back to hospital. Working at BAND gives me more confidence and I feel valued by all the staff. I have got someone to talk to if I have a problem I can talk about it.

What do you like about being a volunteer?

We facilitate two football teams for adults with mental health problems. We train weekly and compete in a North West mental health football league and also play one-off tournaments at football and other sports. Football is my hobby and I meet new people like minded. I am now treasurer for the football team.

What have you learned?

I have learned that I can be responsible and reliable. I have learned admin skills, how to set up workshops, how to meet deadlines of tasks and how to respond positively in difficult situations.

Habib is a valued volunteer at BAND and he brings his skills and enthusiasm to many of the BAND projects.

BAND's mission statement:

To support the people within the Borough of Bolton who live with mental health problems to reach their full potential as defined by themselves, through:

- The promotion of choice and independence
- The provision of support for the individual
- The facilitation of education, recreational, social and enterprise opportunities
- Contributing to the development of services across the mental health economy

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Volunteering with BAND

Building A New Direction
A safe place to explore and grow

About BAND

- Established in 1995,BAND is a registered charity and company limited by guarantee
- We work at the hospital and in the community with people who live with mental health conditions
- We promote and support positive mental health to individuals, groups and communities
- We recognise that volunteering must benefit the individual as well as the charity and we aim to build mutually beneficial relationships with our volunteers
- We aim to provide an environment that is inclusive, stimulating, friendly and supportive.
- We strive to be representative of our wider society and welcome volunteer applications by people from different backgrounds, cultures, genders, ages and outlooks.

Who is a Volunteer

- A volunteer is someone who donates their time and talent without expectation of financial compensation beyond reimbursement of expenses
- A volunteer is a trained and valued worker, whose work is arranged according to the time they have to give , their area of interest and their skills and knowledge
- A volunteer is at the heart of the delivery of our services
- Volunteers are an established and integral part of BAND. They enhance our work by bringing valuable skills, experiences and energy—as well as their gift of time

Why Volunteer?

- An opportunity to make a difference to others
- A chance to meet new people and make new friends
- An opportunity to learn new skills and gain new experiences
- A chance to take part in training
- An opportunity to contribute to, and be part of, our organisation
- An opportunity to work in a safe and supportive environment
- An opportunity to enhance career opportunity through the experience gained from working with BAND
- Re-imbursement of out of pocket expenses associated with your volunteering
- Fully supported working environment including one to one and peer support meetings