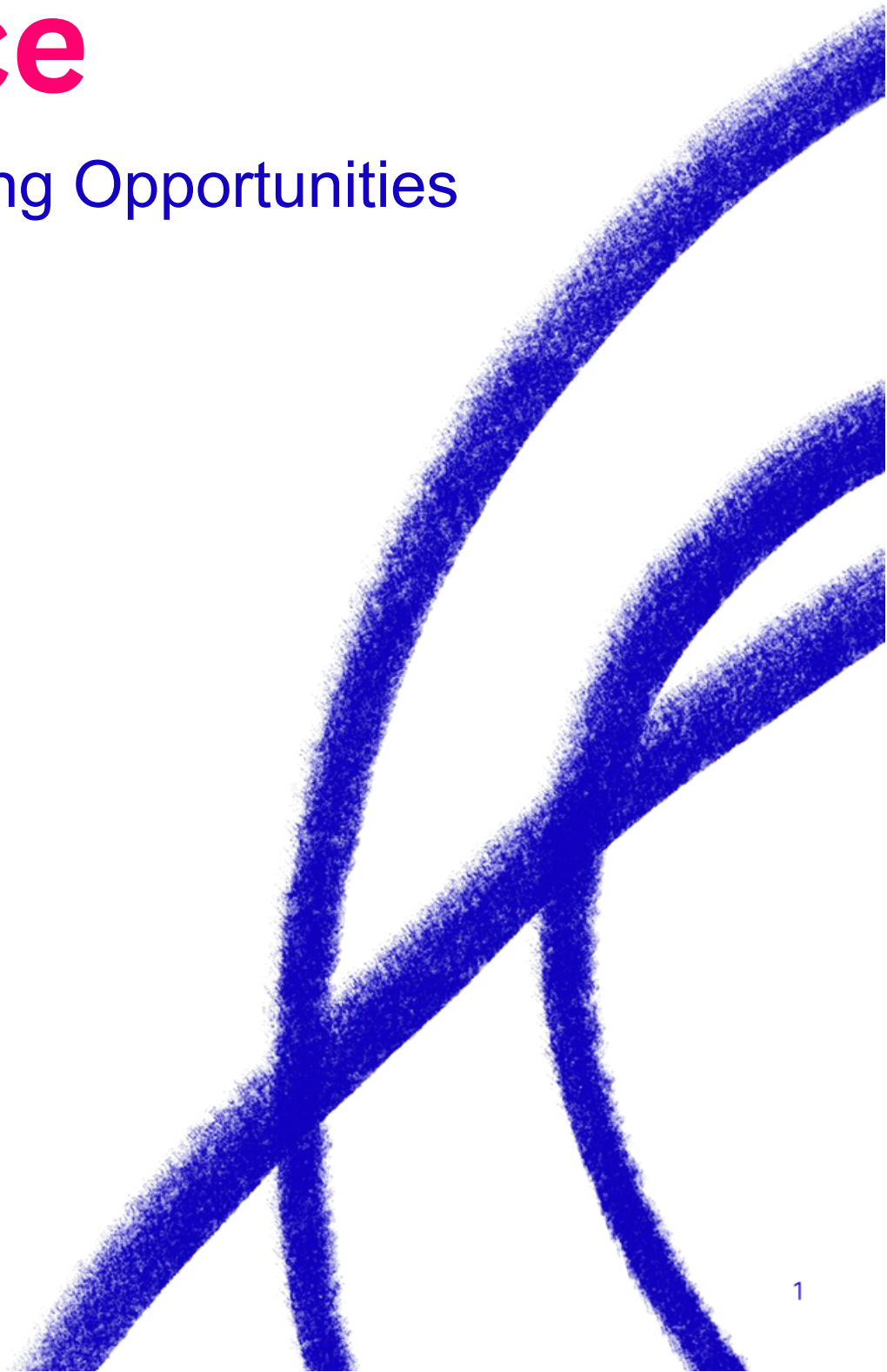




# Breathing

# Space

Volunteering Opportunities



**Thank you for your interest in  
supporting Carlisle Eden Mind**

## **Who are we?**

Carlisle Eden Mind is one of 130 local Minds across the country, who work to empower, educate and support people with mental health issues. We are an independent, self-funded mental health charity that operates in Carlisle, Eden and across Cumbria. As a local charity we match our services to meet the needs of the community we serve and campaign to improve the services available to those in need of mental health support, raise awareness and promote understanding.

**We are Carlisle Eden Mind  
Even though 1 in 4 people have mental  
health problems, most of us don't get  
the help we need. This has to change.**

**We're Carlisle Eden Mind.  
We're here to fight mental  
health.  
For support, for respect,  
for you.**

We change minds across our community in Cumbria and wider, by making mental health an everyday priority. We support minds – offering help whenever you might need it through our information, advice and local services. And we connect minds. Bringing together an unstoppable network of individuals and communities – people who care about mental health to make a difference.

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## **Info about the project / team you are joining.**

Here at Carlisle Eden Mind, we believe in the power of community. That's why our volunteers are the heart and soul of what we do. They work alongside our team to spread awareness about mental health, raise vital funds, and offer support to those who need it most.

Whether in Carlisle or Eden, our Breathing Spaces provide a haven for individuals seeking support, connection, and a nurturing environment.

Breathing Space is not just a place; it's a community. We understand that life can sometimes feel overwhelming, and mental health deserves the same care as physical health. That's why we've created this safe and welcoming space for individuals in Carlisle and Eden to come together, share experiences, and find solace in each other's company.

**Join us to connect, change and  
support minds.**

**We're looking for hospitality and welcome assistants for our Breathing Spaces. You'll assist our staff team in setting up and setting down, as well as welcoming guests and offering them a cuppa.**

**You'll contribute positively to the atmosphere of this gathering place and assist the team as they facilitate the group.**

**We'd love to invite you to apply if:**

- You have an ethos of understanding, empathy, and encouragement towards others.
- You could contribute towards the open, non-judgmental atmosphere. We believe that talking about your mental health is essential you'll help create open conversations and a non-judgmental atmosphere.
- You'd like to increase in learning and growth. Breathing Space offers various activities and resources to help enhance our service user's mental health toolkit and as a volunteer we'll offer training opportunities to help to contribute towards this.
- You know (or would like to grow in) the power of community and connection. You might have your own experience that loneliness and isolation can exacerbate mental health issues. Breathing Space aims to create a tight-knit community where our guests can form meaningful connections and friendships.

**What we offer you:**

- Induction training to include active listening, our mission and values as well as practical training for Breathing Space.
  - Being part of a fantastic team - you'll be warmly welcomed by our staff.
  - Monthly life coaching sessions for your personal development.
  - Regular line management supervision.
- References are offered to those
- volunteers who complete their agreed term.

Note that due to the variety of posts/hours available, we will be arranging interviews on receipt of applications so there is no formal deadline. We reserve the right to close the application process when all vacancies are filled.

**How to apply/what happens next**

- Email any questions/queries you might have to [volunteering@cemind.org](mailto:volunteering@cemind.org)
- Complete application form on website
- Informal conversation via telephone/teams with Volunteer Coordinator
- Interview in person at our venue in Carlisle

Thank you for your interest in volunteering at Carlisle Eden Mind.

**For more information about Carlisle Eden Mind go to [www.cemind.org](http://www.cemind.org) or <https://www.facebook.com/cemind/> or by contacting our Volunteer Coordinator ([volunteering@cemind.org](mailto:volunteering@cemind.org))**