



# Events & Fundraising

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 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.

---

## **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.

We're more than just posters and social media posts (although those are pretty important too!). We're about making a real difference in people's lives. By volunteering with us, you'll join a team of passionate individuals who are dedicated to breaking down the stigma surrounding mental health and creating a more supportive environment for everyone.

Think volunteering is just about answering phones or stuffing envelopes? Think again! We have a wide range of opportunities to suit your interests and skills. Whether you're a whiz with social media, enjoy chatting with people, or have a knack for organising events, there's a place for you at Carlisle Eden Mind.

So, if you're looking for a way to give back to your community and make a positive impact, we encourage you to get in touch! We can't wait to welcome you to the team.

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

**Are you passionate about mental health awareness and enjoy collaborating with others? Do you have a knack for organisation, creativity, or building relationships? If so, then our Events and Fundraising team at Carlisle Eden Mind needs you! We're looking for enthusiastic volunteers to join our team and help us raise vital funds and awareness for mental health services in our community. We offer a variety of exciting opportunities to suit your specific skills and interests**

**The Roles - we have a number of roles within our events and fundraising team and we look forward to exploring them with you:**

**Events:**

- Be the face of Carlisle Eden Mind: Assist with event set-up, registration, and guest management, ensuring a smooth and welcoming experience for attendees. This could involve greeting guests, providing information about the event, and ensuring everything runs according to plan.
- Spread the word: You'll work with our team to create compelling visuals that promote upcoming events and attract participants.
- Capture the moments: Take photos and videos of events to document the experience and share stories with our supporters. Your photo and video skills will help us showcase the impact of events and inspire future participation.

**Fundraising:**

- Connect with the community: Build relationships with local businesses and organizations to explore sponsorship opportunities. You'll identify potential sponsors, reach out, and work with them to develop mutually beneficial partnerships that support our fundraising goals.
- Coordinate fundraising campaigns: Assist with planning and execution of fundraising activities like charity walks, raffles, or donation drives. This could involve helping with logistics, securing permits, promoting the event, and managing volunteers on the day.
- Spread the message: Develop compelling content (e.g., email newsletters, social media posts) to share the stories of those we help and inspire potential donors. You'll use your writing skills to craft engaging messages that resonate with our audience and encourage them to donate to our cause.

**Be the Maestro Behind the Scenes:**

- Planning Powerhouse: Assist with the meticulous planning process for events.
- Logistics Liaison: Coordinate with vendors, caterers, and venue staff to ensure everything runs smoothly on event day.
- Registration Rockstar: Oversee the registration process for attendees, ensuring a seamless and welcoming experience.
- Stage Manager Extraordinaire: Assist with setting up and taking down event spaces.

**At Carlisle Eden Mind, we value your time and talent. We provide a supportive and enriching environment where you can develop your skills and make a real difference in the lives of others.**