

## Welcome to the THREE in 10 Volunteer Group: Challenging mental health stigma in the workplace

This is an exciting opportunity to challenge stigma and misconceptions about mental health with people in workplaces across London. Volunteers talk to people at friendly and informal events about their experience of mental health problems. We support volunteers to do this, and there are regular social and training events to make sure there is a fun and supportive volunteer team.

### What's involved:

Volunteers are welcome to attend all events, but there is **no minimum time commitment**. Volunteers contribute as much or as little as they would like to.

1. **Training:** Before you begin volunteering, you need to attend a half day information and training session. We hold them four times a year.
2. **Events:** In teams, we visit workplaces in London to have informal conversations with staff about mental health. This happens at "conversation events". There is relaxed atmosphere, some videos and a quiz, and time for volunteers to chat to staff in small groups or one-to-one.
3. **Presentations:** For volunteers who are interested, there is an opportunity to deliver part of the introduction presentation at events. We provide training and support for this.
4. **Volunteer Socials:** We organise regular volunteer socials, so that volunteers can become a strong team, sharing the successes and the challenges of the project.
5. **Steering the Project:** Because our volunteers are at the heart of THREE in 10, we welcome volunteer input into the development of the project. We have regular steering group meetings, and a debrief and feedback session at the end of each event.
6. **Travel Expenses and Food:** We refund travel expense to and from events. We also provide drinks and snacks, and lunch during long events.

## Skills required:

1. A positive attitude to promoting an understanding of mental health.
2. Lived experience of mental health problems, and some successes in managing or overcoming challenges they have presented.
3. Ability to talk about your experience of mental health problems and what is important to your recovery. You will receive training and support to do this.
4. Ability to work in a team.
5. Ability to travel around London on public transport.

## Getting started:

All you need to get started is to attend a 4 hour introduction training session. Although you are welcome to come to socials before you've attended training. It's a good opportunity to get to know other volunteers and THREE in 10 staff.

For details of upcoming training, socials and employer events, please see the [Meetup Group](#) homepage.

If you have any questions, please contact Zoe, our Volunteer Coordinator on:

**07961 724 810**

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