



Drama and Mental Health Workshop Volunteer: Tuesdays from September to December 2023

Many Minds are looking for enthusiastic and committed people to join our team as Workshop Volunteers in our weekly drama workshops.

Many Minds is a mental health and performance charity. We meet weekly on Tuesdays to play games and make performance in a safe, fun and inclusive environment.

We are looking for people to help support the sessions by preparing the space, welcoming and supporting members in the session, participating in the workshop activities and helping to clear the space after every session. Our volunteers are a much valued, vital part of the workshop delivery team

This is a great opportunity for anyone wanting to work in access or mental ill health support roles. It would be good experience for people hoping to work in community-based theatre but is also open to anyone who just enjoys drama and would like to have fun and take part in performance making.

This series we'll explore our connection to Bristol and public spaces in the city, looking at current issues like gentrification, the housing crisis and how they affect wellbeing.

Commitment required:

Our workshops run every Tuesday evening from 5:30- 8pm. Volunteers meet at 4.45pm to set up the room and check in before members arrive. At the end of the workshop volunteers remain to clear up the workshop space and check out.

This workshop series runs from Tuesday 12th September to Tuesday 12th December with a performance on 5th December, with a mid-series break on 17th October. On 19th December we will have our birthday party celebration.

We will be meeting at the Travelling Light workshop space in the Wellspring Settlement, 43 Dulcie Road, Barton Hill, Bristol BS5 0AX. This venue was formerly known as Barton Hill Settlement.

There will also be extra meetings for training, group supervision and support, usually held at our office at St Nicholas Market unless another venue is needed to suit team access requirements.

What we offer:

We provide volunteers with group supervision sessions with an external supervisor, training to do the role, lots of staff support and the opportunity to work with inspiring people on ambitious arts projects. We also reimburse travel expenses for getting to and from workshops.

"Amazing! A rich and nourishing experience full of play, laughter and reflection. I felt truly welcomed by the entire Many Minds community. Volunteering at the workshop series gave me a chance to perform, connect and learn in a safe and supportive environment. Fully recommend."

Selby, Workshop Volunteer in our 'Organisational Play' Series
January – May 2023

What we're looking for:

We want to represent a wide range of people from across Bristol in this project and are particularly interested in receiving applications from you if you identify as BME/ BAME, are a refugee/ asylum seeker or are over 40 years old. We are open to EVERYONE no matter how you identify.

What you will need:

- A desire to join in workshops – no drama or performance skills needed, but it's great if you do have experience in these areas
- Interest in supporting people with experience of mental ill health and taking on an 'access and inclusion' role, previous experience isn't necessary, but an advantage
- Good team player
- Approachable attitude and good listening skills
- Commitment to diversity and inclusion
- Understanding of and commitment to confidentiality

If you are interested in the role, please send a couple of paragraphs about yourself and why you are interested in volunteering with us to laura@many-minds.org or call her on 07732 291250.



Please feel free to get in touch if you have any questions or would like to discuss other ways of applying – for example submitting a video/voice-note instead of written text.

To find out more about us, visit our website: www.many-minds.org