

## Volunteering for The Mind Walk

**When?** Saturday 17 October 2020, 8.30am-2.30pm, depending on role

**Where?** London, either at the event village in Archbishop's Park near London's South Bank, or on The Mind Walk route along the river

**What?** The Mind Walk is a brand new walking event for Mind, the mental health charity. Together we will raise awareness of mental health, and fundraise so no one has to face a mental health problem alone.

Volunteers are absolutely essential part of The Mind Walk community. As a volunteer you will make sure the walkers are warmly welcomed, then stay on the right track along the route, and have all the encouragement to keep going.

Volunteers and walkers are an incredible community coming together for change.

There are two types of volunteer role for the Mind Walk, **Route Volunteers** and **Event Village Volunteers**.

### For both types of role you will need:

- Energy and enthusiasm – we know that a friendly word of encouragement can make all the difference to the walkers taking part!
- Layers to keep you warm and dry as you'll be outside and it is London in October
- To be available between 9am and 2.30pm on Saturday 17 October 2020

### For both types of role you will get:

- A Mind t-shirt to be recognisable to our walkers
- A full briefing at the event so you'll know exactly what to do
- Light refreshments at The Mind Walk volunteer tent to keep you going
- An amazing day knowing you are making a difference for all of us experiencing a mental health problem

## How do I sign up to a role?

Have a read through the role descriptions carefully to see which would suit you.

Get in touch if you would still like to volunteer by emailing [themindwalk@mind.org.uk](mailto:themindwalk@mind.org.uk) with your preferred role type by Friday 2 October.

Please note that we cannot guarantee you will be given your preferred role type, but will allocate on a first come first served basis. If you are volunteering with a friend, just let us know in the email and we will allocate your roles at the same time.

On the day of The Mind Walk, all volunteers will be required to sign in at the volunteer tent, where you will be given a full briefing on your specific job for the day and a Mind t-shirt to wear.

## Route volunteer

As a route volunteer, your role will be to direct and encourage the amazing community of walkers along The Mind Walk route, to keep them going as they take steps towards better mental health.

You could be stationed along the route to keep our team going in the right direction, and keep their spirits high. You could also be greeting the team as they arrive at our half way water stop in Battersea park.

## Event village volunteer

As an event village volunteer, you'll be based in and around our event village in Archbishop's Park. Your role will be to give a warm welcome to walkers as they arrive for The Mind Walk, directing them from nearby stations or as they arrive in the park. You'll have an essential role in getting walkers to the start line on time and feeling excited and ready for the walk.

You'll also be there to cheer walkers back in and greet them at the village when they finish.