



# the project

*Supporting young people on the  
path to better mental health*

## Organisation

The Project is a peer support network that has been set up to support young people age 13-24 with mental health issues, and their parents and carers. Based in Axminster and Chard, this is a free service open to young people and their parents and carers from across East Devon, South Somerset and West Dorset.

## About this Opportunity

There are a number of volunteering roles available through The Project, although we do not always have capacity to take on everyone who enquires. We welcome enquiries from people of all ages, particularly those who have a lived experience of mental health issues.

With plans to open a new Young People's Support Group in Chard in January 2016, we are particularly keen to hear from anyone in that area who would like to get involved in whatever way.

Here are some examples of our volunteering opportunities, though we are open to suggestions from people who think they may be able to help us in other ways:

- VOLUNTEER SUPPORT WORKER – helping out with our young people at our support sessions
- PARENTS GROUP FACILITATOR – helping to facilitate our monthly Parents & Carers group
- FUNDRAISERS – helping to organise and run events, or represent The Project at community events
- YOUNG AMBASSADORS – helping with our mental health awareness work in schools
- BLOGGERS – write a blog about your experiences of mental illness
- SOCIAL MEDIA – are you a whizz at social media? Then help us raise our online profile

## Availability

To be agreed

## How to Apply

If this or any other volunteering opportunity is of interest to you please contact:

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