



MEND FOR GOOD

Providing support groups for people suffering mental distress



Mend for Good – Sewing Volunteer Role Description

Local peer led mental health charity, Changes Bristol are looking for experienced sewing volunteers for our pop-up event Mend for Good which helps to raise funds and awareness for our mental health support groups in Bristol.

Mend for Good 2019 dates

Tuesday 5th – Thursday 7th February 2019 – Lloyds, Harbourside

Tuesday 26th – Thursday 28th March 2019 – Lloyds Canons House

We simply couldn't run this event without the commitment of talented volunteers, so would really appreciate you considering helping us to support mental health across Bristol.

How does the event work?

We set up camp in office foyers or in sports clubs and offer a clothing repair and alteration service in exchange for a donation to the charity. Our sewing volunteers offer services such as fixing buttons, zips and torn linings, to altering hems, cuff and collars. You are able to choose which garments you feel confident repairing/ altering. Occasionally more complex requests include downsizing tailored jackets, and dresses.

We generally have about 4-6 volunteers per day per event and try to ensure that at least one of our volunteers will be an experienced professional to help with anything particularly tricky. We are looking for volunteers who are confident making alterations to clothing garments.

What do we ask volunteers to provide?

We ask volunteers to bring their own sewing machines and tools (scissors) etc, but we provide some tools, thread and ask the participants to bring any replacement buttons/ zip's / patches etc along with their garments if they need these types of repairs doing. Ideally each volunteer will be able to volunteer for a whole day, however we can be flexible.

It's a fun event and we've had great feedback from our current volunteers! Lunch and refreshments are provided for our hardworking volunteers. Transport can be provided too.

Watch our short video about Mend for Good [here](#)

If you would like any more information please don't hesitate to get in touch at kat@changesbristol.org.uk or ring 0117 941 1123. Visit our [website](#)

CHANGES BRISTOL has been running mental health peer support meetings in the City of Bristol for over 14 years and our expertise helps more and more people each year. Our meetings are safe places for people to come and talk about their feelings and to take steps toward improving their lives.

The meetings are non-judgmental and confidential and are free to access.

Statistics show that as many as 1 in 4 people will suffer from some form of mental distress at some point in their lives. Many more will be indirectly affected as their friends and loved ones suffer.

Mental distress can take many forms including worrying, feeling low, confusion, anxiety, panic, depression, mood swings, strange ideas or senses playing tricks. If mental distress is affecting your quality of life, it may be time to seek help.