

# Mental Fight Club

Create • Relate • Integrate

## Volunteers needed:

Mental Fight Club are looking for volunteers to work along side us at our regular Monday events with our project The Dragon Café.

Mental Fight Club's aim is to be an open, welcoming group which puts on exciting, well-organised and inspirational creative events and projects. Most of our part-time paid workers and volunteers have lived experience of mental health, but also as friends, family and carers of those with mental ill-health. We work hard to develop ways of working together that help us all with our on-going recovery and self-awareness and equip us with new skills and experiences.

The Dragon Café is Our flagship creative endeavour provides a unique, relaxing and creative space open to all every Monday. This project is run as a hybrid event with some events in person and some online so everyone has the opportunity to join us.

The Dragon Café runs a variety of creative gatherings. Here's a little taster of a few: Singing, Dancing, Poetry, Creative Writing, Theatre, Painting, Drawing, Puppetry, Shareworks, Film Screenings and Mindfulness. The Dragon Café is also a space to meet, connect and relax with others.

We are looking for volunteers to help us with:

- General running of the events
- Helping out in the kitchen making tea and coffee and serving food
- Chatting and interacting with attendees
- Helping out with our regular art table
- Assisting attendees with activities
- Assisting workshop leads when asked by operational team

To find out more about us and what we do please check out our website:

<https://www.mentalfightclub.art/>

Or have a look at our social media!

Facebook: [Mental Fight Club](#)

Instagram: [@mentalfightclub\\_art](#)

Twitter: [@MFC\\_Arts](#)