

MAKE DO AND MEND

Creative, empowering skills workshops for better mental health.

Member Information

We run our workshops at various locations in Cambridge. Please check the calendar on the website homepage for current details or collect a copy when you come to a workshop.

Member guidelines

- An attendance record will need to be signed by everyone to account for all members and volunteers in case of fire. In the case of a fire alarm, everyone must leave the building straight away and gather in the car park to be accounted for.
- It is important to us that all members are in a safe and relaxed environment at all times. We have a Safeguarding Vulnerable Adults Policy in place to protect all members and volunteers from abuse of all kinds. Please talk to one of our volunteers if you have any concerns or questions about this.
- Whilst we actively encourage our members to meet new people and make new friends in order to build peer support networks at our workshops, please remember to respect every individual's personal boundaries.
- If you feel at all unwell at a workshop please speak to one of our volunteers. Your member support agreement is also there to help in this the case.
- As we are all potentially vulnerable from time to time, we respectfully ask members not to borrow or lend money to other members.
- There is zero tolerance of any kind of aggressive, bullying, intimidating or abusive behaviour towards other members or volunteers and your membership can be terminated by the Trustees if any such instances occur.
- Likewise the use of alcohol and / or illegal drugs is not permitted and should not be brought into premises. Please could smokers also extinguish and dispose of their cigarette ends in bins.
- We would like to ask members to make a small contribution towards the cost of refreshments. We suggest a donation 50 pence per hot drink but we would equally be happy to receive donations of tea, coffee, milk, sugar etc. if members prefer. There will be an honesty box in the kitchen for your contributions. Please also remember to wash your cup up!
- Whilst most of our workshops are free to attend, we do occasionally have to pass on the cost of ingredients or materials used in the workshops. However, we will do our utmost to make sure the cost remains low for everyone.
- Members and volunteers receive a discount of 20% on any products made in the workshops.
- If you would like to support Make, Do and Mend by donating regularly please ask us for a Gift Aid form which includes the information necessary to set up a standing order and to claim gift aid on your donations.

We hope you enjoy our workshops and we would be happy to receive any feedback you wish to share with us. Please feel free to talk to our volunteers or add your suggestions to our ideas box.

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