

# MAKE DO AND MEND

Creative, strengths-based skills workshops for people who have experience of mental health distress.

## Membership Application Form

Thank you for your interest in Make, Do and Mend which is a creative organisation for people who have used mental health services or have experience of mental health distress.

To become a Make, Do and Mend member you will need to;

- be able to get into Cambridge to attend workshops,
- have personal experience of mental health distress or be at risk from social and economic exclusion,
- pay a small contribution of £10 per year if you decide to join us.

Please fill in your details and indicate the workshops which take your fancy on the back of this form. You will then be able to attend workshops, volunteer your own skills, meet new people, make new friends and benefit from our information and signposting service.

Once we receive your application we will need to agree a support contract with you in the event that you need medical help whilst you are attending one of our workshops.

Our workshops aim to be as inclusive as is possible. If you have any special requirements which would enable you to take part in a workshop we will do our best to accommodate you. Is there anything that we need to know that would help us to support you in attending workshops?

Please note that all of your information will be handled in strictest confidence and will not be shared with anyone else without your permission.

### Your Details

Name:

Address:

Postcode:

Contact numbers:

Email address:

Skills:

How did you hear about us?

Comments:

**I have read and understood the member guidelines and member support agreement.**

Signature:

Date:

Make, Do and Mend © 2015 is a not-for-profit organisation supported by Cambridge City Council and Community Grants. This project is co-financed by the Skills Funding Agency, the European Union and coordinated by TCHC.

Charitable Company Ltd by Guarantee No. 7506903.

74 Ditton Walk, Cambridge, CB5 8QE. Tel: 01223 521634

[makedoandmendmail@gmail.com](mailto:makedoandmendmail@gmail.com) / [www.makedoandmendinfo.co.uk](http://www.makedoandmendinfo.co.uk)



Co-financed by



# MAKE DO AND MEND

Creative, strengths-based skills workshops for people who have experience of mental health distress.

As a member you will receive updates Make, Do and Mend feel would be of interest to you.  
You can unsubscribe at any time.

<b>Available Workshops</b> Please check the latest calendar for details of current workshops.	
Art	
Baking	
Candle Making	
Computer Skills	
Foraging	
French	
Gardening and Vegetable Growing	
Greetings Cards	
Jewellery	
Photography	
VegBox Project	

Please return to Make, Do and Mend, 74 Ditton Walk, Cambridge, CB5 8QE  
or by email to [makedoandmendmail@gmail.com](mailto:makedoandmendmail@gmail.com)

We look forward to hearing from you.

Make, Do and Mend © 2015 is a not-for-profit organisation supported by Cambridge City Council and Community Grants. This project is co-financed by the Skills Funding Agency, the European Union and coordinated by TCHC.

Charitable Company Ltd by Guarantee No. 7506903.

74 Ditton Walk, Cambridge, CB5 8QE. Tel: 01223 521634

[makedoandmendmail@gmail.com](mailto:makedoandmendmail@gmail.com) / [www.makedoandmendinfo.co.uk](http://www.makedoandmendinfo.co.uk)



Co-financed by



European Union  
European Social Fund  
Investing in jobs and skills