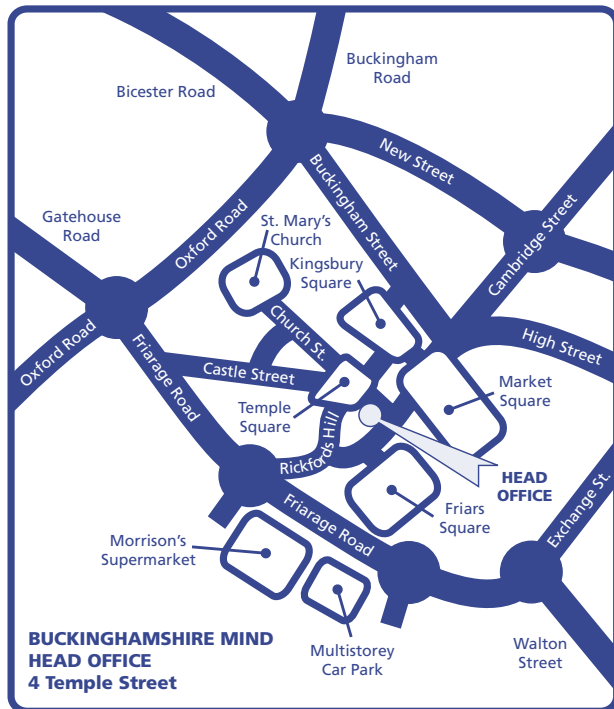


Interested in helping us make a difference?

We are a community-based organisation that relies on the support of members and volunteers to deliver our services.

Members are responsible for electing the Board of Trustees, which in turn delegates day-to-day responsibility for running the charity to a management team. If you are interested in becoming a member please contact us.

Should you be interested in becoming a volunteer please contact Head Office in the first instance and request details of our current vacancies. Full training will be given and a range of opportunities is usually available catering for different skills and backgrounds.



Buckinghamshire Mind

Contact Details:

Head Office
4 Temple Street
Aylesbury
Buckinghamshire
HP20 2RQ

Tel/Fax: 01296 437328
e-mail: info@bucksmind.org.uk
website: www.bucksmind.org.uk

Other Locations:

Sun House
32 Church Street
Chesham
Bucks HP5 1HU

Tel: 01494 792244
email: sunhouse@bucksmind.org.uk

The Dove Centre
4 Temple Street
Aylesbury
Bucks HP20 2RQ

Tel: 01296 393831
email: dovecentre@bucksmind.org.uk

Wycombe Counselling Service
260 Desborough Road
High Wycombe
Bucks HP11 2QR

Tel: 01494 463364
email: wcs@bucksmind.org.uk

Buckinghamshire Mind (The Buckinghamshire Association For Mental Health) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 5000185)

April 2007



For better
mental health



Buckinghamshire Mind

Buckinghamshire Mind

Who are we?

Buckinghamshire Mind is an independent registered charity that for over 90 years has been involved in the promotion of good mental health through education, campaigning and the provision of services across the county.

What do we do?

We provide a range of mental health services in partnership with statutory bodies such as the County Council and Primary Care and Mental Health (NHS) Trusts.

In addition we raise charitable funds to support our independent services such as Supported Employment and the Wycombe Counselling Service. These are run by a combination of paid staff and volunteers and aim to provide services that are not readily accessible elsewhere.

A key part of our work is ensuring that the stigma associated with mental health is challenged at every opportunity and that the needs of people experiencing mental health difficulties are actively promoted.

What do we aim to achieve?

Our vision is of a society that promotes and protects good mental health for all, and that treats people with experience of mental distress fairly, positively, and with respect.

Our mission is to respond to local mental health concerns and to provide services that reflect the needs of the Buckinghamshire community.

We aim to promote the interests of those suffering from mental distress and ensure that their views are actively reflected in the way that all our mental health services are provided.

Our relationship with national Mind

Although we are an independent charity we form part of the network of Local Mind Associations linked to the national charity Mind.

Further information about Mind can be found on their website: www.mind.org.uk.

Quality standards in Mind

Mind has developed quality standards that are common to all Local Mind Associations and which describe best practice in relation to service delivery.

Buckinghamshire Mind operates in line with these standards and aims to continuously improve the services that it offers.

What are the services that we offer?

We currently offer the following range of services:

- **Befriending** - One-to-one friendship and support to people who are experiencing or have experienced mental health difficulties.
Tel: 01494 773233
- **Counselling** - Centres in Aylesbury ('The Dove Centre') and High Wycombe ('Wycombe Counselling Service').
Tel: 01296 393831 or 01494 463364
- **Day Services** - Day Clubs in Aylesbury, Chalfont St Peter, Chesham and High Wycombe. Clubs for frail older people in Chesham and Prestwood.
Tel: 01296 437328 or 01494 792244
- **Supported Employment** - Works with individuals on a one-to-one basis to find relevant training, voluntary or paid work opportunities.
Tel: 01494 771131
- **Information Service** - Advice and information on a range of mental health issues.
Tel: 01494 792244

For further information about each of these services and how they can be accessed please contact the service direct, or contact Buckinghamshire Mind Head Office, using the contact details given on the final page of this leaflet.