



Volunteer Newsletter Issue 2 Sept/Oct 2022

Celebrate World Mental Health Day and say Goodbye to Jess:(



Jess has worked with Bucks Mind for over a year, and before that worked in merchandising. She has trained in Counselling to Level 3, and is looking forward to continuing her studies in the future. She loves being out in nature, and is thankful for the Chiltern hills on her doorstep.

She's loved working for Bucks Mind, but sadly will be leaving us from 19th October before she sets off to Canada to live,

Please do come to our rescheduled Volunteer social on Saturday 8th October at Sun House, 32, Church Street, Chesham HP5 1HU 10am -12pm. Please RSVP so we can send her off in style and know how many cakes to get in!

Can you help at Mind the Gap's bowling group which runs from 11 – 12pm fortnightly on Tuesdays in High Wycombe. If you are interested please let us know so we can pass on your details.

Thanks



Peace in the Park

This year we will be celebrating 'Peace in the Park 2022' in Lowndes Park, Chesham on Saturday 17th September 12-6pm. We will have a Bucks Mind table to talk to people about our services, mental health and hopefully recruit some more volunteers. If you can come along and say hello -please do.

Volunteer training

Our next volunteer training session is on Saturday 1st October in High Wycombe. If you'd like a refresher and to meet the team and some new volunteers please let us know.



News from Bucks Mind, August 2022

Read the latest edition of our monthly e-...
bucksmind.org.uk

Facebook Group

If you have not joined already - please do look at this link: Bucks Mind Volunteer Power | Facebook where we try to give you up-to-the minute news, information, and general volunteer chat. If we want to get something out there quickly to as many as possible, it's the best place to do this, so don't miss out.

Bucks Mind Volunteer Power | Facebook



Bucks Adult Learning

Are offering a free on-line course on budgeting and saving money -useful for everyone at this time and particularly the people you support.

Monday 12th Sept 10.30-12.30

To find out more contact James Keen

07827 986448

james.keen@buckinghamshire.gov.uk

Feedback

We always need your feedback about volunteering and how we can be better. Please click this link to fill in our form -it's great to hear from you regularly and we really do want to know what you think:

<https://forms.office.com/r/c38LiDw6Cs>



Come and Work at Bucks Mind

We have a number of roles currently being advertised which our volunteers may be interested in.

If you are looking for a job which is fulfilling, challenging and brings you in to contact with amazing people -please take a look at our website or the link below:



Jobs Archive - Bucks Mind



Contacts for Befriending Support

Vicky Royal- Team Lead for Befriending Services- 07930 801681 (Tues -Thurs)

Sharon Cullen - Befriending Support Worker in Aylesbury -07538 147764 (Mon -Thurs)

Noor Nabi- Befriending Support worker in South Bucks- 07508 021911 (Tues-Thurs)

Jessica Zamora- Befriending Support Worker in High Wycombe and Chiltern -07534 692763 (Mon - Wed)

Bucks Mind Switchboard 01494 463364

Tips for Being a Good Listener (From our Volunteer training)



·Give your full attention to the person who is speaking. Don't look out of the window or at what else may be going on in the room.

·Make sure your mind is focused. It can be easy to let your mind wander if you think you know what the person is going to say next – but you might be wrong! If you feel your mind wandering change the position of your body and try to concentrate on the speaker's words.

· Let the speaker finish before you begin to talk. Speakers appreciate having the chance to say everything they would like to say without being interrupted. When you interrupt, it looks like you aren't listening, even if you really are. However, if they are talking for a long time, it can be OK to say something like 'can you slow down as I can't keep up!' – use humour to get your point across.

·Let yourself finish listening before you begin to speak! You can't really listen if you are busy thinking about what you want to say next.

·Listen for the main points/issues. These are the most important aspects the speaker wants to get across. They may be mentioned at the start or end of a conversation and repeated a number of times. As an example, pay special attention to statements that begin with phrases such as 'I'm worried about' or 'The thing to remember is'.

·Ask questions. If you are not sure you understand what the speaker has said, just ask. It is a good idea to repeat in your own words what the speaker has said so you can be sure your understanding is correct. For example, you might say, "When you said that you couldn't sleep, did you mean every night or just occasionally?"

·Give feedback. It's helpful to look directly at the speaker and occasionally nod or an 'mmm' to show that you understand. You may also smile, frown, laugh or be silent, as appropriate – depending on how the conversation is going! These are all ways to let the speaker know you are really listening.

·Be aware of your body language. Sitting with your arms crossed should tell you that you're feeling vulnerable and may create a barrier between you and you client. Remember, you listen with your face and your body as well as your ears!