



## Volunteers needed

**Are you empathetic, caring and committed? Are you able to offer 2-3 hours of your time on a weekly basis, for 3 months or more?** We are looking for volunteers to support our peer support social and activity groups in Chesham, High Wycombe and Aylesbury.

Volunteering is a wonderful way to give something back to your community, develop your skills in supporting people through groups or gain experience for your career in mental health. We offer training, expenses and regular supervision.

**If you are interested, then please contact:**

**Pauline** on **07788 438134**, email **[pauline.hayden@bucksmind.org.uk](mailto:pauline.hayden@bucksmind.org.uk)**  
or **Chris** on **07932 517111**, email **[chris.hayden@bucksmind.org.uk](mailto:chris.hayden@bucksmind.org.uk)**

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