

## Peer Support Bucks

Bucks Mind always welcomes committed and caring volunteers to join us to facilitate our Peer Support Bucks groups. The groups are there for people experiencing loneliness and social isolation due to their mental health. Group sessions offer a safe and comfortable place for people to make new friends, find mutual support, share experiences and join each other in their recovery. We're looking for people who are good listeners, empathetic, open and can commit to a minimum of six months of volunteering.

## Wellbeing Service

Wellbeing groups are for people experiencing daily challenges due to their mental health. We support their recovery by providing activities such as art, walking, healthy eating, trips out, creative writing and knitting. We need people with new ideas and skills who could bring their own creativity and expertise to our groups and can commit to a minimum of six months of volunteering. You would be volunteering alongside permanent wellbeing support staff, to assist them in facilitating activities.

## Other opportunities

We work with people with lived experience in a variety of ways on projects across the organisation to inform our work and to help us understand the impact and experience of mental health in our community. If you have lived with a mental health challenge yourself, whether or not you've used our services, we'd love to talk to you. Please contact us at [influenceparticipation@bucksmind.org.uk](mailto:influenceparticipation@bucksmind.org.uk)

On occasion, we have vacancies on our Board of Trustees. We also occasionally need volunteers to support our fundraising team at local events. Find out more on our website.

## We'd love to hear from you

If you're interested in volunteering for Buckinghamshire Mind, please scan the QR code (right) or go to [www.bucksmind.org.uk/volunteer](http://www.bucksmind.org.uk/volunteer) to complete an application form.



 mind Buckinghamshire

 mind in Berkshire

## Contact us

01494 463364

[info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)

[www.bucksmind.org.uk](http://www.bucksmind.org.uk)



[www.facebook.com/BucksMind](https://www.facebook.com/BucksMind)

[www.instagram.com/bucksmind](https://www.instagram.com/bucksmind)

[www.linkedin.com/company/buckinghamshire-mind](https://www.linkedin.com/company/buckinghamshire-mind)

Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark. Buckinghamshire Mind (Buckinghamshire and East Berkshire Mind) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 05000185).

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Buckinghamshire

“It is nice to know that by doing something on an individual basis you develop some good relationships and you get back as much as you are giving.”



“I've received support and encouragement from all levels and everyone.”



“Research suggests that giving is one of the routes to mental wellbeing and happiness and I would definitely agree.”



# Volunteering at Buckinghamshire Mind

## About Buckinghamshire Mind

We are Buckinghamshire Mind, the mental health charity. We're fighting for a future where no mind is left behind.

Through our information, services and campaigns, we tackle stigma, barriers and isolation so that everyone can access mental health support when they need it. We deliver services in our local communities, in Buckinghamshire and East Berkshire. We promote wellbeing and recovery; we prevent mental ill health; we offer talking therapies and we provide support in times of crisis.

We do this through providing high quality services, including:

- Children and Young People's Services
- Community Based Support (outreach)
- Community Connectors
- Counselling for Adults
- Counselling for Young People
- Mental Health Safety Planning
- Peer Support Groups
- Safe Haven (crisis support)
- Training Services
- Wellbeing Services

We are an independent charity that is proud to be affiliated with national Mind and to adhere to its quality standards of governance and service delivery. Buckinghamshire Mind is part of a network of around 100 Local Minds, which provide trusted mental health services to our communities.

Buckinghamshire Mind is run for people in our local communities and is responsible for its own funding and the services it provides. To donate or fundraise for us, please visit [www.bucksmind.org.uk/support-us](http://www.bucksmind.org.uk/support-us) or contact us at [fundraising@bucksmind.org.uk](mailto:fundraising@bucksmind.org.uk)

This leaflet is for volunteers but there are also separate leaflets outlining the services we provide. If you would like any more information about Buckinghamshire Mind, please get in touch with us using the contact details shown overleaf.

## Why volunteer for Buckinghamshire Mind?

Volunteering is a wonderful way to develop your skills and experience. Giving just one hour back to your community can be extremely rewarding. Applications from volunteers are welcomed from people with a wide range of lived experience and backgrounds. However, you must be 18 years old or over. All volunteers are required to undertake an enhanced DBS check and provide two satisfactory references.

## How can I get involved?

Buckinghamshire Mind works with volunteers across many of our services in Buckinghamshire and East Berkshire. Our volunteers are an invaluable resource to help us deliver the services we provide and to be a truly community-based organisation.

- Do you enjoy spending time talking and listening to people?
- Do you have spare time to offer and want to help make a difference to people's lives?
- Would you like to gain further skills for your CV and develop confidence?

If yes, then Buckinghamshire Mind would like to hear from you. We ask that volunteers are committed, reliable and flexible with a non-judgmental approach.

Buckinghamshire Mind provides training and support for all its volunteers.

## Volunteering Opportunities

### Counselling for Adults and Young People

Counsellors seeking a voluntary placement must hold a minimum Year 1 of a Level 4 Diploma or equivalent in psychotherapy or counselling. You will need to have been approved by your training provider as fit to begin placement client hours and have accumulated at least 50 supervised client hours with another counselling organisation, agency or charity.

We require our volunteer counsellors to commit to a minimum one-year clinical placement and be a registered student member of a professional body (ie BACP, UKCP, etc). We do not consider applicants on a distance learning course.

To find out more please email [counselling@bucksmind.org.uk](mailto:counselling@bucksmind.org.uk). To complete an application form, please visit [www.bucksmind.org.uk/volunteer-counselling-placements](http://www.bucksmind.org.uk/volunteer-counselling-placements)

### Friends in Need

Our volunteers are invaluable to our peer support groups at Friends in Need in East Berkshire. We're looking for friendly and supportive people who are good listeners. We have a huge variety of wellbeing activities that promote good mental health and resilience. Our volunteers encourage people attending our groups to become more confident and independent. Come along, join in, learn new skills and make a difference.