

Wellbeing Services

Groups are places for people who have experienced mental health problems and would benefit from activities in the company of others, such as art, walking, healthy eating, trips out, creative writing and knitting. We are always on the lookout for people with new ideas and skills who could bring their own creativity and expertise to our services.

Other opportunities

Buckinghamshire Mind needs volunteers to help with administration, gardening, cooking and event support. On occasion, we also have vacancies on our Board of Trustees, which are advertised on www.reachvolunteering.org.uk

Champion the Change

If you have lived experience of mental health and you would like to get involved with ending mental health stigma, please consider becoming a volunteer Champion. To find out more, please visit www.bucksmind.org.uk/champion-the-change

Why volunteer for Buckinghamshire Mind?

You may be interested in volunteering as a way of developing your skills and experience in voluntary work or thinking about working in a caring profession. 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.



Contact us

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info@bucksmind.org.uk

www.bucksmind.org.uk



www.twitter.com/bucksmind
www.facebook.com/BucksMind
www.instagram.com/bucksmind

Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark.

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



“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”
- Volunteer



“I’ve received support and encouragement from all levels and everyone has a positive nature”
- Volunteer



“I’ve been volunteering at Wings in Aylesbury and love it”
- Volunteer

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



Volunteering at Buckinghamshire Mind

About Buckinghamshire Mind

We are Buckinghamshire Mind, the mental health charity. Our vision is that everyone with a mental health problem gets both support and respect.

We connect. We support. We influence. We deliver services in our local communities, in Buckinghamshire & East Berkshire. We promote wellbeing and recovery; we prevent mental ill health; we offer talking therapies & we provide support in times of crisis.

We do this through providing high quality services including:

- Befriending
- Children and Young People's Services
- Community Based Support (outreach)
- Community Connectors
- Community Link Workers (Social Prescribing)
- Counselling for Adults
- Employment Support
- Older Adults' Services
- Peer Support Groups
- Safe Haven (crisis support)
- Suicide Bereavement Support Service
- Training Services
- Wellbeing Services

We are affiliated to national Mind and proud to play our part in the local Mind network. Together we are Mind. Open, caring, experienced, unstoppable, together.

We stand up for mental health. Our services change lives. For support. For respect. For you.

Buckinghamshire Mind is run by local people for local people 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

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.

How can I get involved?

Buckinghamshire Mind works with volunteers across all our services. Our volunteers are an invaluable resource in helping us to deliver all the services we provide and help us 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?
- Do you have a good sense of humour?

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 including:

- Volunteer induction and mental health awareness training
- On-going support from the Coordinators in your area
- Opportunities for further development

Volunteering Opportunities

Befriending

Our Befriending Service offers one-to-one support to adults who are lonely or isolated as a result of mental illness. As a volunteer, once you have

completed our training day you will be partnered carefully with someone who will benefit from your specific skills, experiences and interests.

Befrienders generally support someone on a weekly basis in person, by phone or even by email or zoom meeting for up to six months. Ongoing support and guidance from us is always available.

Counselling for Adults

You can volunteer with us if you are at an advanced stage of training e.g. as a minimum you must have completed a foundation/certificate level counselling course (or equivalent) and be in the second year of a counselling diploma or equivalent. We do not consider applicants on a distance learning course. Applicants should have at least 50+ supervised hours of clinical experience.

Friends in Need

Our fantastic volunteers are invaluable to our peer support groups at Friends in Need in East Berks & Bucks. We have a huge variety of well-being activities that promote good mental health & resilience. Come along, join in, learn new skills and be a part of FiN and make a difference. Please do contact us if you would like to find out more.

Mind the Gap Peer Support

We always welcome committed and caring volunteers to join us in running our Mind the Gap peer support groups for people experiencing mental health difficulties, loneliness and social isolation. Our groups offer a safe, comfortable place for service users to find mutual support, share experiences and join each other in their recovery. Mind the Gap is largely volunteer led, so if you want to gain new skills, are a good listener, empathetic, and inclusive, please do contact us.