

## 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.

## Earning Time Credits



Buckinghamshire Mind has teamed up with the Spice Time Credit Scheme. This means that for every session that you volunteer for us you will receive one credit to spend on something you like to do; from trips to the theatre to a canal boat cruise.

There is no limit to how many credits you can earn; the more you earn the more you can spend. What's more, time credits never expire and they don't cost any money. Time Credits can also be gifted back to Buckinghamshire Mind to be re-allocated to service users.

To find out more about the time credit scheme and read the full brochure go to the website: [www.timecredits.com](http://www.timecredits.com)

We look forward to hearing from you!



### Contact Us

Buckinghamshire Mind  
Sun House, 32 Church Street  
Chesham, Bucks HP5 1HU  
T: 01494 463364

E: [info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)  
W: [www.bucksmind.org.uk](http://www.bucksmind.org.uk)



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



Buckinghamshire Mind is committed to Quality Management in Mind (QMiM), the quality assurance system developed by National Mind.

Buckinghamshire Mind (The Buckinghamshire Association For Mental Health) is a Registered Charity (No: 1103053) 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

Buckinghamshire Mind is an independent charity working to support and represent people with mental health needs in the local community.

We do this through providing high quality services including:

- Counselling for Adults
- Counselling for Young People
- Wellbeing Groups and Peer Support Groups
- Employment Support
- Befriending
- Older Adults' Services
- Outreach
- Education and Training
- Peer Support in Schools



Our services find positive ways to make people feel valued and live well. We support our service users to live safe, purposeful and fulfilled lives in their communities. We believe in their recovery and we are hopeful about their future.

Buckinghamshire Mind is run by local people for local people and is responsible for its own funding and the services it provides.

We are affiliated to national Mind, which means that Bucks Mind meets Mind's quality standards of governance and service delivery. For more information on the link between Local Minds and national Mind please refer to [www.mind.org.uk](http://www.mind.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.

## 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 meet weekly for one to two hours for six months or a year. Ongoing support and guidance from us is always available.

### Adult and Young People's Counselling

You can volunteer as a counsellor if you are qualified or undertaking your placement as part of your final year diploma.

### Employment Support

We offer one-to-one support, mentoring, guidance and practical assistance to people who have experienced mental ill health and are now looking to obtain some form of work. Could you help with forms, preparation of a CV or interview techniques?

### Wellbeing Groups

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.

### Older Adults' Service

Our clients have either dementia or memory loss that make it difficult to access other services in the community. As a volunteer you would help provide support, fun, companionship and stimulating activities in a friendly environment.

### Other Opportunities

Buckinghamshire Mind requires volunteers to provide administration, fundraising, gardening, cooking and event support. On occasion, we also have vacancies on our Board of Trustees, which are advertised on [Do-it.org](http://Do-it.org) and [reachvolunteering.org.uk](http://reachvolunteering.org.uk)

We are always interested in hearing about any ideas you might have for volunteering, as often the best ideas for projects come from passionately committed volunteers.

