



# Buckinghamshire Mind Volunteer

**Volunteer Opportunity:** Volunteer – Befriending

**Salary:** Nil

**Location:** Across Bucks

## ABOUT BUCKINGHAMSHIRE MIND

Buckinghamshire Mind was founded in 1914 as Buckinghamshire Association for Mental Health. The charity is independent and responsible for its own governance and income generation. We are proud to be affiliated to national Mind (the leading mental health charity in England and Wales) and to play our part in a diverse network of over 140 other local Mind associations.

Buckinghamshire Mind shares National Mind's vision: ***“We won't give up until everyone experiencing a mental health problem gets both support and respect.”*** It remains our mission to deliver high quality community-based services across Buckinghamshire and East Berkshire to reach out and ensure everyone with a mental health problem gets access to the help they need.

Working from offices in Chesham and High Wycombe we provide high quality services to some of the most isolated and vulnerable members of society. Services include: wellbeing activity groups and peer support, Safe Haven crisis service, befriending, community partnership outreach services, peer support in schools' projects and counselling.

Buckinghamshire Mind has over 500 volunteers (including 400 peer ambassadors/mentors in schools and over 100 in befriending partnerships). These dedicated individuals support our passionate staff team ensuring our services are tailored to need and are of the highest quality. Further information can be found at: [www.bucksmind.org.uk](http://www.bucksmind.org.uk).

## Volunteer Opportunity

**Do you have an hour or two a week to spare?**

Could you be a friendly face to someone in the community who has been affected by mental health issues? Do you have skills or interests you could share with someone or just the time to listen?

“Jane is a new mum in her 40’s who has struggled this first year after her baby was born. She is looking to regain her confidence and reduce her anxiety with support”

“Keith is looking for someone to talk to on a regular basis. He has no close family and has lost contact with the few friends he had. He would like to eventually meet now and then for a coffee or a walk”

'Sally is in her 50's and has anxiety and depression. She relies on her family a lot and would love to meet a befriender of a similar age for walks, chats, coffees and perhaps to look round the shops. She would like someone to encourage and support her and give her the confidence to do everyday activities.'

'Tom is 70 and recently widowed. He would like to meet a befriender to go for walks in the local park and perhaps help him rekindle his love of fishing'

Could you offer one to one support to Jane, Keith, Sally or Tom? This could be on the phone or face to face, once a week for around 6 months to help them build their confidence, self esteem and start to believe in themselves again.

Volunteers can help by just being there for someone. Not being a family member, friend or professional worker means the role can be particularly meaningful.

'My befriender has been impartial and non-judgemental and this can be very valuable in times of unease. She has an incredibly sunny disposition and is always ready to lend a listening ear and friendly advice!!! '

We provide training and ongoing support to volunteers and pay expenses.

Please contact Vicky Royal on 07930 801681 for more information about befriending or 01494 463364 for general information about our services and volunteering opportunities or e-mail [sunhouse@bucksmind.org.uk](mailto:sunhouse@bucksmind.org.uk)