Proposed Publication date	Organisation
25/7/19	Oxfordshire Mind

Oxfordshire Mind are there to make sure that anyone with a mental health problem has somewhere to turn to for advice and support.

They run a wide range of services for anyone over the age of 16 affected by mental health problems.

Mind say that they won't give up until everyone experiencing "mental health problem gets both support and respect" and their mission is to "promote good mental health through the provision of high-quality services and by campaigning for positive change".

Volunteers are essential to their work, enabling them to help more people and tailor their support to the needs of their clients. Oxfordshire Mind have a proud track record of working with volunteers and are currently working with 73 volunteers, with a further 40 more in training. If each of their current volunteers did just 2 hours per week that's over 7,500 hours a year!

The organisation provides extensive training, induction and supervision to all of their volunteers and helps them to develop in their roles. Currently they have 8 different volunteering roles across the county, which means potential volunteers can choose from a wide range of roles throughout Oxfordshire including client facing or behind the scenes roles. For example, their 'Benefits for Better Mental Health' Volunteers support people prior to and during benefits assessments. Their Administration Volunteers provide behind the scenes support with a range of tasks such as data entry, research, statistics, and updating records.

Research has shown volunteering to have a positive impact on mental health and wellbeing. Specifically, the Five Ways to Wellbeing are a set of evidence-based 'actions' which promote people's wellbeing and they are: 'Connect, Be Active, Take Notice, Keep Learning and Give.'

Oxfordshire Mind's volunteering opportunities help you to connect, be active, meet new people and helps you to give back to your community.

Their training programmes can be a wonderful way to learn new skills, boost your CV and open doors for future employment in health care and related sectors. Learning new skills can also develop your self-confidence, give you a feeling of achievement and build your sense of purpose.

Volunteers also help improve services and provided useful feedback. Julia, Oxfordshire Mind's Information Service Coordinator, says that 'As our volunteers come from a variety of backgrounds, I have learnt so much from them. Our volunteers continue to grow on 'the Line' so to have I; picking up useful ways to talk to callers in distress, thoughtful gestures to put callers at ease and good tips on using our IT systems!' –

To find out more about these and lots of other volunteering opportunities in Oxfordshire visit "oxonvolunteers.org" to find out more about the volunteering roles with Oxfordshire

Mind visit: oxfordshiremind.org.uk/join-us/volunteering or Phone: 01865 247788 or Email: volunteering@oxfordshiremind.org.uk