

# Be the difference

## Volunteer for us today

- Community befriender
- Retail assistant
- Dementia services assistant
- Digital champion
- Social activities assistant
- Information & advice assistant
- Foot care assistant
- Mental health buddy
- eBay assistant



Scan the QR code below to view our voluntary roles



For more information, please the Being Well Team on:

[beingwell.malvern hills@nhs.net](mailto:beingwell.malvern hills@nhs.net)

01684 560666 | 01684 563611

[www.ageukwmh.org](http://www.ageukwmh.org) | [www.citizensadvice sw.org.uk](http://www.citizensadvice sw.org.uk)

Age UK Worcester and Malvern Hills is a registered charity (1114859) and company limited by guarantee (5688674).

Citizens Advice South Worcestershire is an operating name of South Worcestershire Citizens Advice Bureau. A Private Limited Company registered in England and Wales: Company Number 7881905. Registered Charity Number 1146772.

Version 1 - last updated 12\_07\_23



# Mental Health Buddy

## Volunteer



**Being Well Team**

01684 560666 | 01684 563611 | [beingwell.malvern hills@nhs.net](mailto:beingwell.malvern hills@nhs.net)

---

## ***Volunteer with Age UK Worcester & Malvern Hills and be the difference in helping an older person love later life.***

### **Purpose of this voluntary role**

The Being Well service offers person-centred support to people living with anxiety, low mood or other common mental health conditions, across the Malvern Hills area. Helping to support people to take control of the issues affecting their mental health and wellbeing.

### **Main activities of the voluntary role**

As a Mental Health Buddy volunteer, you could be helping someone take their first steps into taking back control of their mental health.

#### **Tasks include, but not limited to:**

- Be a supportive listening ear to a person
- Support a person with finding solutions to their problems
- Provide information and links to support in the community, voluntary organisations and local social / community groups
- Liaise with our Being Well Coordinator

### **Experience**

You do not need to have any prior experience for this role, but a personal experience of mental health challenges would be welcomed.

#### **As a Mental Health Buddy volunteer you should have:**

- Good communication skills
- Empathy and patience
- A caring and polite attitude
- The ability to work as an individual in a wider team

### **Benefits of volunteering with us**

- Learn new skills and develop existing ones
- Develop your confidence and gain experience of the workplace
- Reimbursement of reasonable travel costs incurred
- Ongoing support and training where relevant
- Become part of our wider volunteer network, where you will be invited to group events and meet others alike

---

### **Who are we?**

We are a local independent charity working to help over 50s in Worcester & Malvern Hills, love later life. We provide a range of services and social activities across the areas to benefit older people. We are part of the family of Age UK charities across the country.

### **What work do we do?**

#### **Services**

- At Home services (Homeworking & Gardening)
- Befriending & Bereavement Support
- Being Well Service
- Benefit Checks & Form Filling
- CAMBUS & Energy Roadshow Bus
- Community Transport
- Dementia Community Support Service
- Dementia & Memory Loss Meeting Centres
- Digital Inclusion & Tablet Loan Scheme
- Foot Care
- Good Neighbour Networks
- Information & Advice
- Later Life Planning
- Wheelchair Hire

#### **Social Activities**

- Connect Clubs
  - Chantry House
  - Chelmsford Court
  - Storer Court

