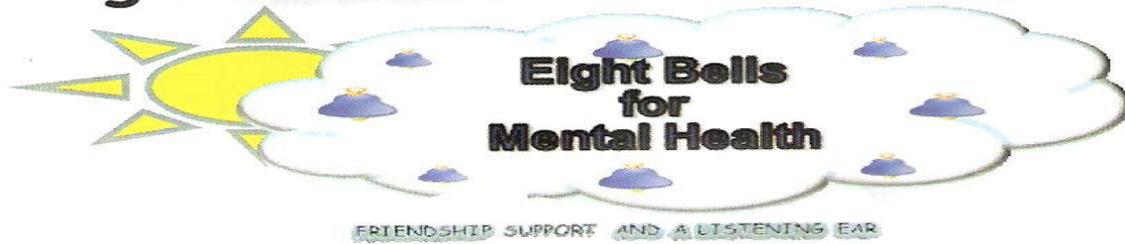


Eight Bells for Mental Health



Friends Meeting House, 1 Highfield Avenue, Newbury, RG14 5DS
Tel: 07768 707 646

Based in Newbury, we provide a friendly welcoming place to anyone whose lives are affected by mental health issues. We run a range of activities including cooking, music, art, and workshops but what is special about us is that all the members support each other and run the organisation themselves.

But that doesn't mean we can do it all alone, we have one paid member of staff who is responsible for the administration of Eight Bells for Mental Health, everyone else who helps out here is either a member or a volunteer. We are always looking for new people to help out in many different ways.

We are so pleased you have taken the time to understand a little more about what we do and are interested in volunteering for us. Below are the various roles available, if you would like any more information please contact our administrator Jenny Letham on 07768 707 646 or via email newbury.eightbells@gmail.com

Volunteer Roles

General Assistant

We are looking for people to provide general all round help and support to Eight Bells for Mental Health.

Cooking/Kitchen Assistant

Do you like cooking or baking? We serve cooked lunches daily and always on the lookout for more help in the kitchen.

Workshop/Group Leader

Have a skill or hobby you would like to share with others? Activities help to enrich people's lives and increase confidence; we are always looking for new things to do at Eight Bells.

Member Support/Befriender

Are you a good listener? Why not come and lend a friendly ear to our members, life with mental health issues can sometimes be isolating or difficult...having someone to talk to about their worries can make a big difference.

Event Supporter/Fundraiser

We hold fundraising and promotional events throughout the year and this year we are looking to increase the number we will be doing. We need people who can come and help at these events, be it talking to the public about what we do or simply "bucket shaking" at fundraising events.