

 Mind South Kent

Volunteer for us!

We are currently searching for friendly & enthusiastic people to help us support our local community



We need help with:

- Supporting groups such as our cooking sessions
- Assisting in our sports activities (i.e. Yoga & Pilates)
- Creative groups- are you an artist and want to share your skills?

Come and have a chat with our volunteer coordinator and we'll find something suitable for you! You'll need to fill out a form on our website to volunteer

CONTACT OUR VOLUNTEER COORDINATOR

megan.brown@southkentmind.org.uk



BENEFITS OF VOLUNTEERING:

- Confidence boosting
- Meet new people
- Brings a sense of fulfilment
- Developing new skills
- Reduces stress

VOLUNTEER FORM:

southkentmind.org.uk/volunteering