## WE ARE BETTER TOGET ER

The Oxfordshire Mental Health Partnership

### Volunteering omhp.org.uk/volunteer

# Why Volunteer?

We recognise how volunteering can be mutually beneficial and in some cases be an important part of part of people's recovery. That's why we encourage all to look into volunteering roles that might suit them. Volunteering allows you to contribute to work you can be proud of, develop new skills, improve your own and others' confidence as well as many other benefits.

"I have learnt so much from all the members and staff I have met over the past 3 years"

**Restore Volunteer** 

### **The Partnership**

Here at Oxfordshire Mental Health Partnership (OMHP) we see volunteering as a key part of how we work and how we deliver services that improve people's health, wellbeing and recovery. We provide lots of training and support to our volunteers and have many opportunities to get involved across the Partnership. .

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# Volunteering Opportunities

Across the Partnership, we offer many different opportunities to volunteer, for example:

Coaching
Admin worker
Outreach volunteer
Digital buddy
Fundraising volunteer
Recovery College Tutor

 Gardening
Peer supporter
Taking part in and helping to organise events

If one partner organisation is unable to take you on at that moment in time, they will happily signpost you to other available opportunities across the Partnership.

### **Oxford Health Members**

Volunteers with Oxford Health NHS Foundation Trust will automatically become a member of the foundation trust, enabling them to influence the way local services are provided and developed, attend free events for members, run for or vote for governor and enjoy a wide range of discounts at local retailers, restaurants, leisure facilities and more. Volunteers with the other OMHP organisations are also welcome to sign up to come a member, find out more at **oxfordhealth.nhs.uk/get-involved/membership** 

## Find out more

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