



**MENTAL HEALTH
MATTERS WALES**

Volunteers needed to help out in our dementia hubs!

**Our Dementia Wellbeing hubs provide
information, support & activities for people living
with dementia and their carers**

**We are looking for enthusiastic and friendly
volunteers to help support the running of our
Dementia hubs & Activities.**

Your role as a volunteer will be to:

- Help facilitate the dementia wellbeing hub and the dementia wellbeing activities**
- Welcome new and existing attendees**
- Provide support to help people take part in activities and regain their confidence**
- Promote independence and encourage engagement in activities**

For more information on volunteering with Mental Health Matters Wales, please contact Michelle on 01656 767045 or via email: volunteering@mhmwales.org