



**MENTAL HEALTH  
MATTERS WALES**

# ***Wellbeing Volunteers needed !***

**Our Wellbeing hubs & Groups provide a social outlet for anyone who wants to improve their mental and emotional wellbeing.**

**We are looking for enthusiastic and friendly volunteers to help support the running of our new Sunday wellbeing hub.**

**Your role as a volunteer will be to:**

- **Help facilitate the wellbeing hub and wellbeing activities**
- **Welcome new and existing attendees**
- **Provide emotional support to help people 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](mailto:volunteering@mhmwales.org)**