

# Bucks Mind & Friends Webinar



Thursday 29<sup>th</sup> April 2021, 11am – 12pm

Join us using this link or scan the QR code below:

<https://us02web.zoom.us/j/82275719043?pwd=R0VGK0l4Q0NTVGhXRUVnNk9pMkd4Zz09>

Buckinghamshire Mind runs a wide range of services for Children, Young People & Adults affected by mental health problems, including:

- Befriending
- Peer Support
- Counselling
- Volunteering
- Employment Support & many more!

**Please join us to find out more!**

We also have speakers from Lindengate & Voices & Choices:

Lindengate is a Buckinghamshire-based charity that offers specialised gardening activities to help those with mental health needs in their recovery.

Voices & Choices provide friendly information & advice to older people, people with disabilities or long-term physical or mental health conditions. In response to the Covid-19 pandemic, they have recently set up a new Community Companionship service which will benefit patients of Mid-Chiltern PCN – Join us to find out more!

**We look forward to seeing you there**

June - Community Link Worker for Mid-Chiltern PCN

Hughenden Valley Surgery

Chequers Surgery

John Hampden Surgery

Prospect House

Amersham Health Clinic

Rectory Meadows Surgery

