



Your Mental Health Charity

Transforming mental health and wellbeing support for LGBTQ+ people: Volunteering opportunities 2026

Volunteering opportunities – we need people with skills, passion, and time across all of these areas. As a national charity, you can be based anywhere in the UK to take part in many of these opportunities.

- People who can **assist at workshops online or in person**
- **Workshop creation and delivery:** skilled facilitators who can help build our programme.
- **Sunday Sanctuary Host or Senior Host:** welcoming guests, providing communication, support, and signposting. *More information available.*
- **Administrator** – all our admin work is delivered by our CEO and Co-founder. Could you spare a few hours to help them out?
- **Content creation for our social media:** we can provide the assets and templates. If you have some design skills, we just need someone for a couple of hours per week to create and send out our posts across our social media channels.
- **Designer to give a few hours per month:** From posters to digital resources to t-shirts – we need your skills
- **Website management:** do you have the skills to keep our website content up to date? This would involve a monthly or fortnightly commitment
- We are **developing a podcast**, and we need someone to help us with the technical elements of this.
- We always need **amateur photographers/videographers** for events (who own a digital SLR).
- **Distribution of resources:** we are planning to disseminate our printed materials across queer and queer-friendly venues, and we need a squad to do this for us.
- **We are currently looking for a communications specialist** to join our Board or give support.
- **Events planning and event fundraising:** we need volunteers for collections and public events.