

Volunteers Wanted! Invasion Colchester Sat 5 Sept

Save the date: Invasion Colchester – Saturday 5 September

Invasion Colchester returns this September, and we'll be there raising funds for local mental health services. We're looking for volunteers to help make the day a success.

Whether you can spare a few hours or stay for the whole day, we'd love you to join us. It's a great chance to meet new people, enjoy the day and support Mid and North East Essex Mind.

Interested in volunteering? Email fundraising@mnessexmind.org or call 01206 764600 to find out more.

Can't make it? We have plenty of other volunteering and fundraising opportunities coming up, including World Mental Health Day bucket collections, our Mental Elf run at Great Notley Park on Saturday 28 November, and festive fundraising events.

There are lots of ways to get involved - we'd love to hear from you.