



## Volunteers needed

**We all need support at difficult times – from someone who is empathetic, caring and committed. Does that sound like you?** If so, would you like to volunteer at any of our Mind the Gap (MTG) peer support social and activity groups:

Our groups are as follows:

**Social Group, High Wycombe** at Costa, Eden Centre every Monday from 2pm – 4pm

**Bowling, High Wycombe** every other Tuesday from 11am – 12pm

**Social Group, Chesham** at Costa every Thursday from 12pm – 3pm

**Social Group, Chesham** at Costa every Saturday 2.30pm – 4.30pm

**Social Group, Aylesbury** every Wednesday at B&B Muffins from 2pm – 4pm

We would like you to give MTG from 1.5 to 3 hours of your time, on a regular basis, preferably each week, with a minimum commitment 3 months. Your role as volunteer would include supporting MTG service users in their recovery, being aware of individual needs within the group as well as encouraging them and giving them hope. We offer training, expenses and regular supervision.

**If you are interested, then please contact:**

**Pauline** on 07788 438134, email [pauline.hayden@bucksmind.org.uk](mailto:pauline.hayden@bucksmind.org.uk)  
or **Chris** on 07932 517111, email [chris.hayden@bucksmind.org.uk](mailto:chris.hayden@bucksmind.org.uk)