

Wycombe Mind Day Service

Wycombe Mind is a service user led, recovery focused day service situated in the centre of High Wycombe.



We operate from our own premises - the Wycombe Mind Recovery Centre - and we aim to be both a supportive community and a useful resource to those who are recovering from mental illness.



People tend to use the service in different ways, although often to get to a similar place - a bit like getting around London on the tube! Each service user will have a different journey to recovery, and we aim to provide a service which adapts to meet their needs.

This means that rather than coming to Wycombe Mind to attend particular groups we are more interested in a person thinking about what they want to achieve and where they want to be in the future. For some people this is difficult to think about, so we are happy for them to come and use Mind as a place for them to consider the options and try out the activities on offer.



Regular activities include the Art Group, with accomplished local artist Cally Trench, computer skills training, advice and support in using the internet and email, French, social games, community visits and activities, Table Tennis and even free hand massage once a month.

Many of our service users participate in work tasks to develop skills useful for employment or volunteering.



For more information please contact the manager of our Day Service, Matt Knight on 01494 448279 or email matt@wycombemind.org.uk



There are different ways to recovery...

...whichever way you choose we'll be here for you.

 **mind | Wycombe**
for better mental health

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Wycombe Mind is affiliated to National Mind and is a registered charity No. 1005350