



## Service Opportunities

We have a great team of volunteers who help support the work being done by the National Service Board.

We have a variety of roles available, some examples are:

- Looking after one of our email inboxes, e.g. for the events page or audio shares page (around 2-3 hours a month)
- Designing our newsletter (around 2-3 hours every 3 months)
- Helping our Treasurer by sending out receipts for contributions received (around 1-2 hours a month)
- Supporting our print liaison officer who organises the printing of OA literature in the UK (hours vary)
- Keeping one of our web pages up to date (about 2-3 hours a month, training provided)
- Joining our team of email responders (1 week in every 6-7)
- Helping to source content and manage our Facebook page 'Overeaters Anonymous UK' (1-2 hours per month)

Find out more about all the available roles and the qualifications for doing service by visiting:

[www.oagb.org.uk/service-opportunities](http://www.oagb.org.uk/service-opportunities)

If you think you'd be able to help out, please get in touch with us by emailing [nsb@oagb.org.uk](mailto:nsb@oagb.org.uk)

*If you're not in a position to take on service at the moment, you can still help by printing this flyer and taking it to your meeting to spread the word.*

Chic, Sam, Juliet, and Lisa

Your National Service Board Officers