



Build on Belief are looking for volunteers in Sussex, in Eastbourne, Crawley or Chichester!



About volunteering with BoB

Since 2005, our organisation has had more than three thousand volunteers, the great majority of them people who have fought their own battles with addiction, and many of them often in structured treatment for their substance use while volunteering with us.

Weekends can be a difficult and lonely time in early recovery, especially since traditional treatment providers are usually closed. Our weekend social clubs with their wide range of activities and friendly volunteer teams, offer a wide range of activities in an open minded and friendly environment, supporting people and giving them the confidence to try something new.

People accessing our services often find a sense of belonging that not only gives them hope but reminds them of family.

Who are our volunteers?

Our criteria for volunteering is unique for a charity working in the addictions field. We tore up the idea of a 'clean time' rule in our first year of operation back in 2005 and followed that by kicking into touch the thought that a potential volunteer needed to bring any more to the table than themselves.



As described in '[our values and ethos](#)', we put a great deal of effort into looking after our volunteer teams and pride ourselves on

being able to offer volunteer opportunities to anyone who wants to join us. All our volunteers receive travel expenses, something to eat, one-to-one supervision and can access our [in-house training programme](#) as often as they want.

We love our volunteer teams and welcome you to join us. You don't need any particular skills set to join our team, just you and your enthusiasm.

Partnership working

We are strong believers in partnership working. From the get-go we understood that we were trying to bring something new to the treatment system and could achieve far more by working with other providers and our local authorities if we wanted to support our local communities. Sussex is no exception!



We have had a long and productive relationship with [Change, Grow, Live](#) for many years and our services in Ealing, Newham, Tower Hamlets and Barking and Dagenham have all been commissioned by them. We are now working with our CGL partners in both East and West Sussex. Our recovery coaching provision has been commissioned by West Sussex County Council and the enthusiasm from our partners on what we are offering is an integral part of BoB's success. We are also proud to join our Partners in the Sussex Recovery network.

Why volunteer?

Thinking of volunteering, but want a little more information? At Build on Belief, we welcome with open arms anyone who wishes to volunteer, including members of the wider community, but we recognise that the majority of our volunteers are in, or have just left structured treatment for their own substance use difficulties. Our volunteering opportunities are **designed with them in mind**.

If you are taking the first steps in your own recovery journey and want to give something back in your own way and in your own time, below are twelve good reasons why Build on Belief might just be the charity for you.

Twelve good reasons to volunteer

1. Pretty much all of us have walked the sometimes-rocky road to recovery from our substance use problems. We know in our bones how difficult it is. We want to **help and/or give back**.
2. If you're having a bad day, we won't mind. It happens to all of us, and we want to **support you** through it as a volunteer.



3. If you have physical health problems or struggle with your mental health, **we will understand**. Many of us have exactly the same problems, and we are still here.
4. This is a **peer-led service**, run by people in recovery for other people in recovery, or trying to deal with their substance use. You won't be judged for the life you have lived, or the problems you have, big or small. All for one and one for all. That's the motto.
5. We can support you in a great many practical ways to rebuild a sense of structure and **routine** in your life.
6. In the early stages of treatment and recovery from substance use we are often not ready to enter the worlds of further education or employment, but nevertheless need something to do. We can **help**.
7. We have an absolute wealth of practical **experience** in recovery from addiction. You are welcome to as much of it as you need.
8. We can help you develop **new skills** and give you a place to practice them without fear of making a mistake. We believe that many people learn best by doing!
9. A history of substance use doesn't mean we are idiots or have never had a life. We can give you a place to teach others some of your own personal skills. You might be a **musician or an artist, a fisherman or a cook**. Tell us what you can do, and we will support you into teaching others how - if we can!
10. It is our ambition to be a family for people without a family. It's **impossible to be lonely** with BoB!
11. You decide when you want to volunteer. You can volunteer as frequently or infrequently as you like. You can volunteer for as long as you wish. You can aspire to any role within the organisation. You make all the **choices**.
12. If you have a good **idea** for helping others and want to put it into practice, if we can make it happen, we will!

What can we offer you?

We know that our volunteer teams are the lifeblood of the organisation, and that each and every volunteer gives us their time, energy, and commitment for free.

In return, we do our best to make volunteering fun, worthwhile, and pledge ourselves to treating everyone fairly, equally, and as a valued member of the team. In that spirit, we will always do the following:



1. We will always pay your travel expenses.
2. We will always feed you.
3. We offer a wide range of training workshops that are intended to ensure you can undertake your role safely and with confidence. They are fun, informative, free to access and there is no written work! You may attend as many as you want as often as you want.
4. We will even pay your travel expenses to attend them if necessary.
5. We will offer you one-to-one supervision with a paid member of staff.
6. We will always place your welfare above the needs of the charity.
7. We will endeavour to find a volunteer role for you that best meets your needs, capabilities, wishes and ambition.
8. Any paid posts that arise within the charity will be offered to you, as a member of the volunteer team before they are offered to anyone else, and we will not employ externally unless we are unable to fill the post from within the volunteer team.
9. Any concerns you have about your role will be taken seriously and addressed to the best of our ability.

Volunteer Training

At Build on Belief, we have a comprehensive training programme of which we are really rather proud. Written workshop by workshop over a decade, it is unique to the charity.

Our training programme comes in four distinct sections. There are six workshops that we ask all volunteers to attend at the first opportunity. These are necessary for people to be able to undertake their roles with confidence and in safety. After all, we must never forget that we are working with vulnerable adults and are legally and ethically bound to do this in a thoughtful, safe, and constructive manner. These workshops look at topics such as 'Boundaries and Confidentiality'; 'Safeguarding'; 'Diversity and Discrimination' and 'Communication Skills'.

The rest of our training workshops are free to access but not compulsory.

For many volunteers, attending these workshops might be their first brush with training or education in a great many years, and we therefore intend our training to be as 'user friendly' as possible.



With that in mind, we train by and large using scenarios, discussion points, short lectures, and handouts. The intention is to make it fun, friendly, informative and as stress free as possible!

Types of volunteering

All our services are different and offer different things depending on what people want and the resources and space we have available. Please follow the [link](#).

We therefore need all kinds of people to volunteer and work around someone's skillset and simply ask them what they want and how we can support them best, that's BoB. And we are open for any new ideas and suggestions. If someone has a special skillset, like art, then let's have an art workshop. We understand that everyone is at a different point in their recovery journey, but everyone has something to contribute, and this is how BoB runs. Whether it's attending and joining in, making tea, running an activity or sharing your skills and ideas we want to hear from you. We are firm believers that everyone has something to bring to the BoB table.



How to volunteer Volunteering with Build on Belief is so simple that if it were any easier you would be able to do it in your sleep! Our volunteer brochure has a wealth of information in it so please have a look at it and see if volunteering with BoB something you could be interested in. [Volunteer Handbook V5.pdf](#)

How to get in touch

If you are interested or just want to find out more about the whole range of volunteering opportunities available for BoB Sussex, in Crawley or Chichester please contact Paul Abbott at paulabbott@buildonbelief.org.uk or Juliet Smith at julietsmith@buildonbelief.org.uk and for Eastbourne julietsmith@buildonbelief.org.uk

Once you contact us, we can arrange a sit down with you over a cup of coffee and have a chat about what you would like to get involved in. The gentlest interview imaginable!



That's all there is to it - Bob's your uncle! We can't wait to hear from you and look forward to you joining the Sussex BoB team.



