

SUMMER/AUTUMN 2022



www.buildonbelief.org.uk

BOB NEWSLETTER

Dear Reader,

During my morning bike ride to BoB's head office I noticed the change of colours in the trees and felt a nice, fresh breeze. I enjoy that about autumn, but I'm not sure if I'm ready for the time where days become shorter and much colder. If you feel the same, why not grab a hot cuppa tea, take a seat and relax for a few minutes reading our latest newsletter.

A lot has happened in the last couple of weeks and we can't wait to share the latest news with you. Have a read through our brand-new Recovery Support Programme, recovery stories, updates around the online timetable and our weekend services. As always, you're more than welcome to come along!

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WELCOME BACK!

After being de-railed by the Covid-19 pandemic, it's finally back!

That right, this year we are at last able to hold our **13th Annual Volunteer Award Ceremony** at our traditional venue, the small hall in Kensington and Chelsea. We will have display stands from all our services, our usual scrumptious selection of food and snacks, and of course an evening of celebrating the commitment, enthusiasm and passion of our volunteer teams, without whom Build on Belief would be little but a shadow of its wonderful self. We therefore invite you all to join us for what is always a delightful evening, our very own Oscar ceremony! Our staff will help to make travel arrangements for the volunteers and will be happy to escort you to the venue. We look forward to seeing you all on December 8th for an evening of fun, games and awards! Remember to arrive at five and join us for something to eat!

Tim Sampey





STAR CONTRIBUTOR



Maria from Newham wins a £30 voucher!

*Thank you for your continued hard work and dedication to
Build on Belief in Newham!*



*If your work appears in our newsletter you will automatically be
entered into our contributors competition..*

7 DAYS A WEEK

benhoughton@buildonbelief.org.uk or your local BoB service manager (see details on last page).

<https://www.buildonbelief.org.uk/bobs-online-programme>

All groups are open 15 minutes before the start time so they can begin promptly							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 am	 Tai Chi  Quiz	 Art Together	 Yoga  Recovery Support	 BoB Games	 Tai Chi	 Saturday Social Club	 Sunday Social Club
1:00 pm	 Recovery Support	 Pilates  Recovery Support	 Book Club	 Mindfulness  Have Your Say	 Recovery Support	 Creative Writing Together	 Mindfulness
3:00 pm	 Topic of the Week	 Cooking Together	 Exploring Emotions	 Men Only  Women Only	 LGBTQIA+  Whats On The Box?		 Dual Diagnosis Anonymous
6:00 pm	 Play Reading	 BAME Culture Club	 Recovery Island Discs	 Recovery Support	 CBT Support  Living With Chronic Conditions		 Sunday Sounds

TO JOIN A GROUP, CLICK THE POINTER ON THE NAME OF THE GROUP YOU WANT TO JOIN

Latest update: 31/10/2022

TO JOIN A GROUP, CLICK THE POINTER ON THE NAME OF THE GROUP YOU WANT TO JOIN.

Latest update: 31/10/2022

Enter the details that are related to your group:

- +44 203 051 2874 UK
+44 203 481 5237 UK
+44 203 481 5240 UK
+44 131 460 1196 UK

2. You'll be asked to enter the **Meeting ID** and to **press #**.
3. You'll be asked to enter a participant ID or press **#** to continue. Just **press #** or wait 3 seconds and you'll be asked for the meeting password.
4. You'll be asked to enter the meeting **password** and to **press #**.

- BAME Culture Club
- Book Club
- CBT Support
- Cooking Together
- Exploring Emotions
- LGBTQIA+
- Men Only
- Mindfulness
- Recovery Support (Mon, Thurs, Fri)
- Social Club (Sat + Sun)
- Tai Chi (Mon + Fri)
- Topic of the Week

- Art Together
- BoB Games
- Creative Writing Together
- Dual Diagnosis Anonymous
- Have Your Say
- Living With Chronic Conditions
- Play Reading
- Quiz
- Recovery Island Discs
- Recovery Support (Tues, Wed)
- Sunday Sounds
- What's On The Box?
- Women Only

Meeting ID: 291 201 2970
Passcode: 333214

- Pilates
Meeting ID: 895 2997 3717
Passcode: 232125
- Yoga
Meeting ID: 131 869 439
Password: 433947

ONLINE GROUP BOUNDARIES

Be on time...you're welcome to any group but please sign in at least 5 minutes early so the group can start on time. If you're late, you may miss your opportunity to check in.

One voice...everybody's voice is equally important. Let everyone speak without interruption. Say I not We when contributing.

Disagree with what's said, not the person saying it...we're all different, we don't have to agree with everything people say but do not take it personally.

No hate speech...no sexism, racism, homophobia etc

No judgements....do not judge someone else's position or what they have said

No substances or paraphernalia on display...Remember, on Zoom other people can see you. What triggers one person will not trigger someone else so please do not have any substance or paraphernalia on display during the group. This includes alcohol and nicotine.

Confidentiality...what's said in the room stays in the room. No exceptions.

No aggression...aggression, whether direct or indirect, will not be tolerated in any BoB-group.

Be aware...remember these are Zoom meetings. We do not always know who is on the other side of the camera and so be aware that people can see what you choose to display whether this is your living room, your children or even just photos of your family in the background. Be aware of what you say also, *discuss your feelings NOT your behaviours*.

Don't attend under the influence...BoB is not abstinence based and all are welcome however please be aware that different people in the group will be at different stages of recovery. You may be asked to leave, just listen or be removed if you present under the influence of any substance (including prescribed medication).

Disclosure...Please be aware of what you disclose to other people. BoB do not endorse sharing of personal details, including contact details in chat.

No Children (under 18s)...No children within Recovery Support groups, other groups will decide on a per group basis. The reason is difficult, sensitive and confidential topics are discussed in Recovery Support which are not suitable for children to hear. It is also not possible to be assured of a child's confidentiality outside of group.

If any of the above boundaries are broken you may be warned, muted or removed. If boundary breaks continue then you may be placed on a 1 month, 3 months or longer break from accessing our groups.

Our online programme is always adding new and exciting groups for you to try! Log on, connect with people and find your new passion with our friendly facilitators. Check our schedule for more info!



BUILD ON BELIEVERS

REAL RECOVERY STORIES FROM BOB CLIENTS AND STAFF

Liam's Story

I started drinking when I was a teenager as a coping mechanism for anxiety and psychological issues. For most of my working life in teaching and publishing, the drinking was manageable and didn't cause too many problems.

However, the drinking got worse, and it eventually led to divorce from my wife. When they relaxed laws on alcohol usage I started to spend all my money on alcohol. I became destitute and resorted to stealing to fuel my addiction. This lasted 14 years, until the police caught up with me, obliging me to go to rehab.

In my path to recovery, I found BoB and volunteered there for 3 years until I became a Service Manager for Kensington and Chelsea in 2005.

I truly believe that without BoB I wouldn't have recovered from my alcohol problem. BoB helps deal with one of the main reasons people drink: isolation. It gives people a social environment where nobody is allowed to drink, where you meet others with similar struggles and experiences. Moreover, BoB gave me a job and a career and, most importantly, hope. Normally I would have found finding employment difficult due to my criminal record but BoB gave me a chance.

Through BoB I have found the pleasure of learning again and I recently went back to university to study cognitive behavioural therapy.

With a new career and a sense of belonging in a community, my mental health had improved substantially, and I have managed to maintain a healthy relationship with alcohol.



BUILD ON BELIEVERS

REAL RECOVERY STORIES FROM BOB CLIENTS AND STAFF

Rob's Story

I started smoking weed at 14 years old and was introduced to the clubbing scene at 16. I got hooked on the clubbing culture of the Strand in London, gradually using more substances like alcohol and cocaine. After a while I moved on to the illegal rave scene which had a serious drug culture. At 20 years old I was financing my drug use with jobs on building sites taking ecstasy to make each night out more exciting. After 20 years of clubbing every weekend, clubs were allowed to be open on week days which is when I started to go out every night. My drug addiction worsened to a point where I lost my job and my girlfriend wouldn't let me see my son.

I knew I had to stop so I moved to Ealing to reduce the amount of time I spent partying. However, being in new area with no friends was difficult and isolating and I struggled to slow down. I finally decided to go to rehab because I wanted to be a better Dad. The recovery after the 6 months rehab was hard and the hardest part was that I didn't know what I wanted to do with my life. I did not have people around me who were going through the same issues to talk to. I felt like I wasn't a good father but did not know how to deal with it.



I came across Build on Belief by accident just after it had been founded. Suddenly I had found a community to join on weekends. This was important as, with nothing to do on weekends, it's easy to fall back into substance use making them the most difficult days of the week. BoB was a place where I could be myself, where people would understand my struggles, a place where I could share my challenges to becoming a better father. In the end I was offered the chance to volunteer and after 5 years I was promoted to the role of Service Manager. This was a true achievement: I could now support others in their recovery while maintaining balance in my own life.

BoB has given me a structure in my recovery, a job with true responsibilities and the people skills to become a better person and the ability to better deal with the pressures of life. I am happy to say I have now been clean for 8 years. I have rebuilt my relationship with my son; I regularly go to BoB's gym and swims which has been an important stabilising factor in my life and ultimately, I feel comfortable in myself.

BUILD ON BELIEVERS

REAL RECOVERY STORIES FROM BOB CLIENTS AND STAFF

Simon's Story

I started experimenting with illicit drugs and alcohol at university, trying cannabis, MDMA, Amphetamines, as well as two single use forays into hallucinogens namely 'Magic Mushrooms' (Psychobilin) and LSD. Unbeknownst to me at that time, this was beyond simple experimentation and was a way to self-medicate my mental health issues, that turned out to be bipolar disorder, which was at that time mis-diagnosed as depression.

The next approximately ten years of my life were marked with successive periods of heavy drug and alcohol use. I would flip between less substance use, for example, when I was an IT Technician and Watersports Instructor, to heavy substance use when I moved to the USA, to escape my home situation and pursue my music.

Upon returning to the UK as my life in the USA had collapsed, I had a period of sobriety, stability, and employment as a warehouse operative, and I was back living with my immediate family. However, when my mother died suddenly, my marriage collapsed fully and I lost my job at that time, this precipitated a significant mental breakdown, which spiralled into me being sectioned due to the stress of planning a funeral and dealing with a very unpleasant break-up. After I left the hospital, with some basic support, but little security in my life, I returned to drug and alcohol use, but thankfully not as heavily.

After a few more months of this and being moved into temporary accommodation, I had a moment of clarity, leading me to enter recovery which has lasted now, eight years. Along the way I did have several relapses, the most recent being a month at the start of the first lockdown in 2020. I was at that time already a BOB volunteer: it gave me something to do on the weekends during what was a really difficult time for me. As at that time I was lonely, isolated and had little to do, which presented a risk to my long-term recovery as under those circumstances it is easy to be tempted back into using.

I volunteered at my local BOB Service; Barking & Dagenham throughout the lockdowns, and it helped me to stay on the straight and narrow. Since the lockdown's were relaxed, I went for the job of Online Facilitator as I was already doing this piecemeal whilst I was a volunteer. Six months or so after accepting this job and making this lovely advance in rebuilding my life I was offered a position at BOB Harrow as a manger, which after seeking some advice from my manager at Barking & Dagenham, I accepted. This allowed me to get my life back together and come closer to completely rebuilding my life.

The impact of having a job that I enjoy and care about allows me to have the small pleasures of life such as going to the cinema, buying new cutlery, or affording a coffee when I'm out, which I had missed when I was unemployed. To me, these small pleasures signal a return to normalcy and that I am making progress in my recovery and life in general.

Thanks to BOB, I can be ambitious again. I have managed to put out an album and an EP in my spare time and am working on getting fit again as well as rebuilding in a broader sense my whole life from a position that had left me feeling that I was beyond hope and help.



BUILD ON BELIEVERS

REAL RECOVERY STORIES FROM BOB CLIENTS AND STAFF

Anonymous

I am a proud volunteer at BOB, Ealing, and I have chosen for my identity to be concealed due to reasons beyond the scope of this piece. I was severely dependent on alcohol for most of my adult life. I first engaged with RISE (the Borough's designated drug and alcohol services) in 2018/19, following which I managed to remain completely abstinent for a little over two years. But I relapsed in early 2021 due to complex psychosocial issues. I had literally pressed the proverbial 'button' and continued to drink hard liquor round the clock and for as long as I cared to stay awake. This reckless behaviour exacerbated my various pre-existing chronic physical and mental health conditions, as well as placing me in the hospital countless times with life threatening seizure.

Shortly after my second detox in August 2021, I began realising that my drinking tendencies were deeply entrenched in extreme social isolation. I had identified loneliness as my main trigger and needed to do something about it, in order to sustain my recovery moving forward. Upon further research, I was finally introduced to BOB. I had nothing to lose, so I decided to give my local Project a chance. Volunteering with BOB has given my life a structure and a sense of purpose, as well as helping me expand my support network. The managers, Susan and Rob are fully understanding of my health problems and try and encourage me by playing only to my strengths at all times. The entire team here is highly supportive to me, which makes me feel I am part of a healthy, welcoming and inclusive family. Most importantly, attending BOB on a regular basis has been instrumental in keeping me off the booze, for which I am really grateful.



ACORN HALL

1 EAST ROW, LONDON, W10 5AR (JUST OFF KENSAL ROAD)

Acorn Hall update

Gym and swim club

Last year we ran a gym and swim club for service users across the tri-borough (Westminster, Kensington and Chelsea, Hammersmith and Fulham). We were able to provide free unrestricted gym membership for our service users. We got a great response and about 150 people joined up.

Such was the level of response that the funding ran out and we had to turn many people away.

Now we are happy to announce that we have additional funding available and will be signing up new applicants from this September. .

Please note you will be unable to renew your membership if you were already in receipt of a membership from us in the past year but we can assist you in getting low-cost access to local gyms for yourself.

For new applicants you should be a client of local addiction services such as Turning Point or CGL and live in Hammersmith and Fulham, Kensington and Chelsea or Westminster.

To access a membership, ask your key worker for a referral to the Build on Belief gym and swim club.

Alternatively, you can contact Laurence on 07505 058250 or Liam on 07739 796045. You can also come to our weekend drop-in service at Acorn Hall to make your application. Once we launch the service in September, we will also be attending local gyms at specific times so you can meet with us there.



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ACORN HALL

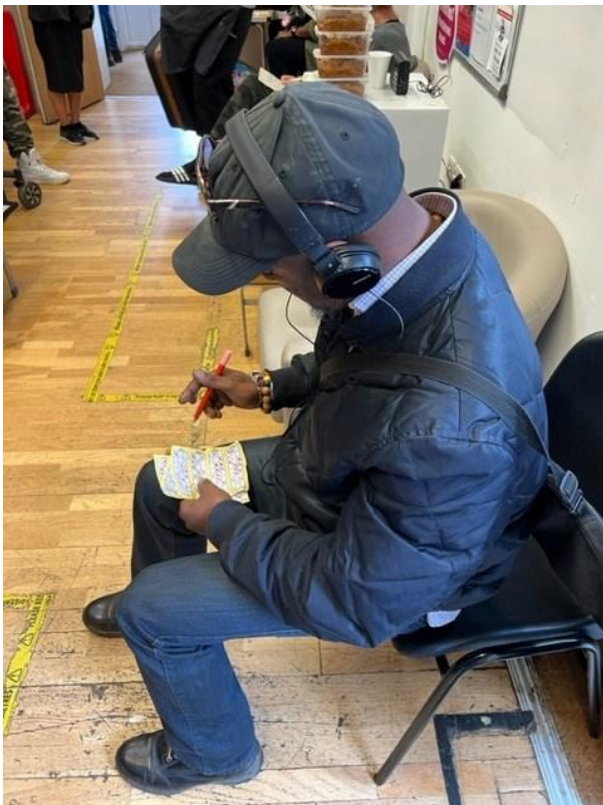
1 EAST ROW, LONDON, W10 5AR (JUST OFF KENSAL ROAD)

Yoga at Acorn Hall

Did you know we that we provide our service users with a free yoga session at Acorn Hall every Saturday morning?

The session takes place in the large hall at the rear of the building between 11am and 12.15PM, it's a large venue and there are plenty places available. We will also provide you with a yoga mat if you do not have your own. You can access the service by simply turning up. You do not need to have any previous experience of yoga, so beginners are welcome. The class is taken by a really experienced teacher who will guide you through the procedure.

Yoga has many established benefits including many aspects of physical and mental wellbeing. Its is particularly affective in helping you to manage stress and in helping you to relax. So why not give it a go. For further information talk with staff or the volunteers at the weekend drop-in service at Acorn Hall.



NORTHWICK PARK HOSPITAL

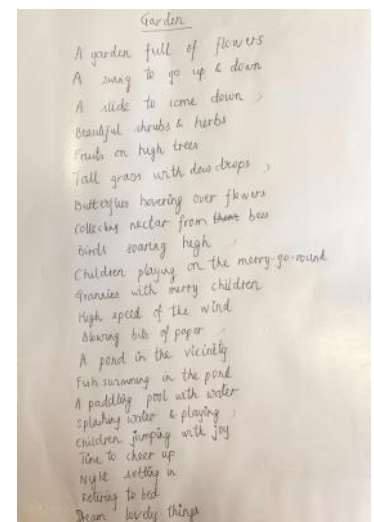
WATFORD ROAD, HARROW, HA1 3UJ

We have some exciting news- the BoB drop-in at the Carramea Centre (South Harrow) is now up and running, with more and more service users coming through the door each week! After the arrival of our two new colleagues Ellie Williams and Miles Watson, Mark O'Connor has started working week-ends, which has brought positive change to the team. Karen Ricketts has also embarked on a new adventure at BoB's drop in service in Harrow, becoming the Lead Manager. Although we don't see her every day and she is missed at the hospital, she is still devoted to the drop-in and joins us whenever she can.

Also, we have now two new Social Prescribers Ersilia Russo and Uzma Aziz. Both are really happy to have joined the BoB team and enjoying their new roles at Bentley House. The Social Prescriber team is working alongside their colleagues at Bentley House, providing reintegration support to service users in the community. They are doing a great job so far and we welcome them to the BoB family.

What have we been up to? We have been very busy at the Northwick Park drop-in and have a lot of new, exciting things to offer.

Arts and Culture has been a very big part of the Northwick Park drop-in. On the 1st Wednesday of the month, we discuss a painting of our choice and use it as inspiration for our own drawings. So far, we have focused on 'The Umbrellas' by Renoir, 'The Grand Canyon' by David Hockney, a mixture of Indian arts and Picasso's abstract works. We have also been working on writing poems in Karen's Reading group on a Monday evening.



Dog Therapy is every 2nd Wednesday of the month and in full swing. Service users can come to the drop-in to meet a cute little pooch and enjoy everything that the drop-in has to offer. The dogs enjoy having cuddles and going for a wonder around the local area, as well as taking full advantage of being spoilt by all the treats and love received.

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NORTHWICK PARK HOSPITAL

WATFORD ROAD, HARROW, HA1 3UJ

Speaker's Choice has been introduced as a safe space for people to talk about a topic which means a lot to them. The team have organised for a service user, volunteer, or colleague to be a speaker for half an hour every 3rd Wednesday of the month. So far, we have had our volunteer Gabrielle talking about a topic close to her heart, happiness and anxiety, another volunteer Sophie talking about sonnets and Shakespeare and one of our lovely service users talking about challenges in life and barriers to success.



Music Therapy on the 4th Wednesday of the month has got everyone excited and service users, volunteers and staff have been enjoying getting creative and having a laugh, making different music. A special mention and massive thank you to Jose Joyette who kindly donated a practice pad and sticks for drumming, which we are extremely grateful for.

Our peer support team and service users also took a stroll up to Harrow-on-the-Hill to see the view of London! Accompanied by ice creams, laughs and good weather, the group were able to take in the amazing London skyline whilst reflecting on the day.



EALING

RISE, 99-103 BROADWAY, LONDON, W13 9BP

As I am writing this BOB Ealing article, we are in the middle of yet another heat wave and making sure we supply our volunteers and service users with lots of cold drinks, ice cream and lollipops. On a cooler note, below is a glimpse of what we have been doing since the Spring, so I hope you will enjoy catching up with us on some of our events and reading about some of our volunteer experiences. Our volunteers are such an important part of BOB and we are an important part of their recovery and their future. Susan Mansour – Lead Manager

EASTER

In preparation for Easter, there was a fun colouring project, where everyone just sat around together with a common theme but an individual take on which pictures. It was so peaceful and relaxing. For the more adventurous we also had egg decorating. We love to create a sense of community and shared experience, especially as we are all so diverse in our backgrounds, languages, life experiences, etc.

And, we would not be BOB Ealing without food, so we had an extra special breakfast on Easter Sunday. We also had easter brownies and everyone chose the chick they thought was the cutest!



BOXERCISE

On Monday from 12-1 pm there is now an opportunity to get a gentle but physical workout with Rob's Boxercise class. It is for those who know how to box and for those who have never put on a pair of gloves before and is popular with service users.



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EALING

RISE, 99-103 BROADWAY, LONDON, W13 9BP

JOURNEYS INTO BOB VOLUNTEERING

Bob volunteers are like that traditional sweet advert – they come in all sorts and each one has their own story and experiences and talents to bring to the role. Below are just a little bit about 2 of them – one who has been with us for several years and one who recently became part of our team.

FRANKIE



Frankie has been volunteering with BOB since 2018. She came as a placement student having met another BOB volunteer on the same Diploma course, who told her that BOB would be a great place to do this. She is very grateful to the previous managers Linda Chan and Linda Rose who supported her through her studies. She then went on to do a degree BSc (Hons) Health and Social Care from the University of Sunderland in London and is currently working on her Masters. She continues to volunteer regularly with BOB, although no longer on a placement. She feels she has learnt a lot from being a part of this organisation and we love having her as part of the team. She is especially good at getting everyone to join in with the games. Congratulations!

QUEEN'S PLATINUM JUBILEE

We wanted to have our own celebration alongside the rest of the nation over the Jubilee weekend. We were able to decorate the group meeting room in the RISE building into 'BOB' street and have our very own party.

It was low key, but as we were alcohol free, we were also a safe option for those who might otherwise have struggled. We had many traditional favourites: hot dogs, pork pies, quiche, Victoria sponge, trifle and of course scones. Thank you to City Harvest and Felix for supplying us with extra snacks for this event.

We also had a very energetic Jubilee balloon game in which 2 teams – one either side of the table had to hit the balloons over to the other side and the team with the least balloons on their side was the winner. There was some under the table (literally) breaking of the rules by both teams!!! The winning team also brought in extra help from the DDA meeting who joined us for the party.



HILLINGDON

64 HIGH STREET UXBRIDGE UB8 1JP

Hillingdon have been busy this summer and have certainly made the most of the fine weather.

Our gardening team have worked incredibly hard and the garden is a beautiful and calm place to be.



The fruit and vegetables this year have been plentiful and have tasted wonderful and we grew enough strawberries to keep Wimbledon going!!



We celebrated Jubilee with a quirky garden party and picked up some rather strange fancy dress for the occasion!!! It was a wonderful day and enjoyed by all who came.

In June Katie, Beth and Faye from the Hep C Trust came to talk about what they do and to carry out testing. It was good for us all to learn more about this virus and how advances in treatment are helping so many.

The BoB team were also involved in the recent Hep C awareness day in August.



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HILLINGDON

64 HIGH STREET UXBRIDGE UB8 1JP

We also had a visit from Human-kind Service User Involvement representative who came to talk to volunteers and service users about how they see service user involvement improving.

There is always time for a celebration here in Hillingdon and we all love a birthday. Malcolm celebrated a 70+ birthday during the summer and we marked the occasion with cake and balloons.



It has been heartening to see so many people returning to our service and our attendance increases weekly, everyone is enjoying the garden and the games and activities we have on offer.

Our fab volunteer team are on hand with refreshments and sandwiches and they work exceptionally hard to provide an A* service.



In July we welcomed back Adam and his hairdressing/barbering skills, Adam comes to the service and offers free haircuts but it is so much more than a haircut, it's a real feel good experience and boosts your well-being and confidence.

This is now a regular event and we are so very grateful to Adam and his team for giving up their time for us.

- Finola Sullivan, Service Manager, Hillingdon

BARKING & DAGENHAM

44 ST LUKES, DAGENHAM ROAD ESSEX RM10 7UP



Barking and Dagenham Art group

For the last few months at Barking, we have been encouraging our service users to get involved with the Art Group. The recent popularity of adult colouring books which we have introduced is one example of how art can be beneficial.

The Art group gives our service users a place to discover creative skills they did not know they had and some of the work that has been done is amazing.

Studies have shown that creating art stimulates the release of dopamine the chemical released when we do something pleasurable.

It makes us feel happier which can be immensely helpful if you are battling with depression or anxiety.

Art has lots of benefits from boosting your self-esteem, A few of our service users have never even picked up a pen or paints have found to their surprise that they are good at it.

So, get your pens out and try it or come along to an art group in your nearest service, check out the website or join one of our creative groups online.

- Kay France -

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BARKING & DAGENHAM

44 ST LUKES, DAGENHAM ROAD ESSEX RM10 7UP



Queen's memorial poster (above left), playing pool (above)



Art from the Barking and Dagenham art group (left), everyone getting stuck in! (above)

Opening Hours:

Saturday: Drop in 11-4pm, Core Workout 1-1:30pm, Garden Club 12-3pm

Sunday: Drop in 11-4pm, Tai Chi 1:30-2:30pm, Garden Club 12-3pm

Come and see us for art, gardening, tea, biscuits, advice and more!

NEWHAM

3 BECKTON ROAD CANNING TOWN E16 4DT

Newham art club Saturday/Sunday 11 to 3.

Creating art relieves stress, encourages creative thinking, increases brain plasticity, and imparts other mental health benefits. And anyone can do art.

Art washes from the soul the dust of everyday life.

Here at Newham we provide many avenues to try many different arts and crafts. We provide all the assistance and equipment required. This is a full-size art wall, so if you are always getting in trouble for scribbling on the walls. Come along and express yourself in any way you wish, pick a theme and many will join you to create a collective assortments of colours and visual candy.

There are a lot of misconceptions about what constitutes art and its usefulness as a therapeutic tool. Some think that you have to create paintings or sculptures to be considered a real artist. Others believe that you are either born with artistic talent, or not, But we are all born with an innate desire to express ourselves and art encompasses a wider range of activities than you might imagine.



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NEWHAM

3 BECKTON ROAD CANNING TOWN E16 4DT



Newham pool and table tennis club Saturday and Sunday 10 to 4 (all equipment provided)

There is no better place or game to play then pool and table tennis. Not only will you make new friends you will also benefit from the many health benefits pool and table tennis give you.

Helps build focus – Playing pool/table tennis requires a great amount of focus and concentration and your ability to focus on a given objective is essential in achieving happiness and attaining goals.

Burns calories – There is a surprising amount of beneficial walking involved in a round of pool/table tennis. Playing multiple games of pool will stack up these distances and burn even more calories!

Enables stretching and balance – Playing requires a lot more stretching than a person would not normally do it also promotes balance.

Helps build control – Studies have shown that individuals who play cue sports like pool are less likely to panic amid crisis.

Sharpens the mind – Those who frequently play table tennis and pool often have sharper minds. Having a sharp mind enables one to think on their feet faster and pick up on little details.

Hones good hand-eye coordination – Your hands become swift and agile and can perform minute, finite tasks.

Fun for all ages – Anyone can play this activity regardless of age and sex, so playing these games can be a regular family event.

Tones muscles – The physical benefits of playing pool include low-impact toning of the back, hip and leg muscles.



Welcome to Seated Garden Yoga at Build on Belief Newham! We use this special landscape to feel grounded, connected and part of the natural world. Surrounded by the birds, bees, butterflies and our resident robin, you will be in touch with nature and the power it provides. With a vast array of flowers and an extensive collection of herbs and fruits that are as wild as they are beautiful, all accommodated with stone circles and secret corners to rest and refresh in.

There are two yoga classes every Sunday from our qualified facilitator starting from 2:30 pm to 3 pm and 3 p.m. to 3:30 p.m. each with their own unique qualities. One is within the main hub and feels cosy and nurturing, perfect for deeply restorative and meditative practices. The other is within the garden, a secret oasis found in the suburbs of Newham it will envelop you, giving you a sense of space and connection to the world outside.



HARROW

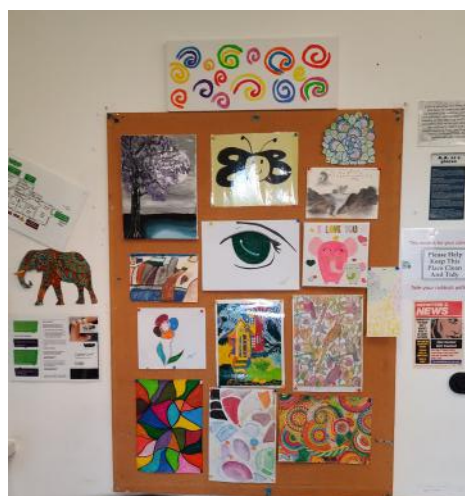
44 BESSBOROUGH ROAD HARROW HA1 3DJ

It has been a somber month at BOB Harrow due the passing away of our the Derek Hart the facilitator, we have made posters in memoriam of him and The Banned, the band formed of members of his group will be performing at WDP Harrow in his honour.

Asides from this we maintain our commitment to the café like nature of Harrow BOB, with our lovely volunteer Mandy who makes a variety of sandwiches, toasties and now tuna salads.

Our clients and volunteers have an ongoing Scrabble tournament that occurs every Saturday, with the reigning champion being one of our clients Ray, on top of this we also play other board games such as Rummikub as well as puzzles that have been donated.

Sunday is when we host book club, in which staff, volunteers and clients participate in the reading of a book brought in by one of our clients our current read is "A street cat named Bob", which charts the life of an addict who finds a street cat and the two start a journey together to that leads them both out of their bad situations into a new life.



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RECOVERY SUPPORT PROGRAMME

Tired of groups talking about triggers, cravings and coping mechanisms? Ever wish you had someone to help you with benefits or housing forms? Or maybe you'd like somewhere to learn day-to-day life skills that are actually relevant to you? Not getting any one-to-one support for matters that matter to you? Sounds like you need some recovery coaching!

Currently only available in Ealing RISE, Build-On-Belief are running a new 24 week Recovery Coaching day programme starting at 10:30 in the morning and finishing around 15:00. Don't worry though, we're very relaxed so if you can only make the morning or the afternoon session that's ok too! Still not convinced? [If that doesn't convince you](#) – we also provide lunch! Do you have to commit to all 24 sessions? Absolutely not! Let's face it, we cover a LOT and not everything will be relevant to you. Feel free to come in and take what you need from the group. There is no pressure at all.

So what do we cover? The interactive programme includes discussion as well as activities with no obligation to do anything you aren't comfortable with. Each week is designed to be relevant to people at all stages of recovery and across all 24 weeks we cover; What is Addiction & Recovery?, Using Mutual Aid Meetings, Learning Styles, Personal Growth and Exercise, Nutrition, Cooking On a Budget, Looking After a Home, Understanding Benefits, Budgeting and Finance, Exploring Emotions, Learning to Relax, Forming Healthy Habits, Building a Support Network, Healthy Relationships, Developing Self Compassion, What Do I Want To Do Next?, How To Get A Job, Workplace Skills, Managing Risky Situations (okay, okay so we do SOME triggers and coping mechanisms!).



Why should this matter to you? Because where else can you find a single worker from a single organisation who can support you in one-to-ones with YOUR recovery no matter what stage YOU are at? This is not off the shelf, one size-fits-all coaching. By attending the day group you will get access to our worker who will listen to your needs and support them. He is not under pressure to meet any targets other than the ones YOU give him. Who knows, by the end of it you may want to give back and join our buddy system supporting others because who else really understands recovery better than peers?

Want to give it a no obligation try? Come along to Ealing RISE on Tuesdays at 10:15 to meet us and get started!

RECOVERY SUPPORT COACH & TRAINER

David Olney 07925 138110 davidolney@buildonbelief.org.uk

MENTAL HEALTH MAGIC

SOCIAL PRESCRIBING

Did you know?

Social prescribing is a free and confidential service to help you to improve your health and wellbeing.

Social prescribers connect people to the community and services for practical and emotional support.

They will spend time with you focusing on what matters to you most. Social prescribers will work closely with health care professionals in order to identify local resources and activities that can add structure and purpose to your daily life.

Each activity serves a purpose and contributes to better mental health.



For more information or to get support from Social Prescribing:

Email:

cnwl.harrowmh.socialprescribers@nhs.net



SOCIAL PRESCRIBERS & LINK WORKER AT BENTLEY HOUSE (HARROW)

Ersilia Russo 07872 002 245

ersiliarusso@buildonbelief.org.uk

Uzma Aziz 07542 023 955

uzmaaziz@buildonbelief.org.uk



MENTAL HEALTH MAGIC

Social prescribers can
help you with...



CREATIVE CORNER



Newham Art Wall

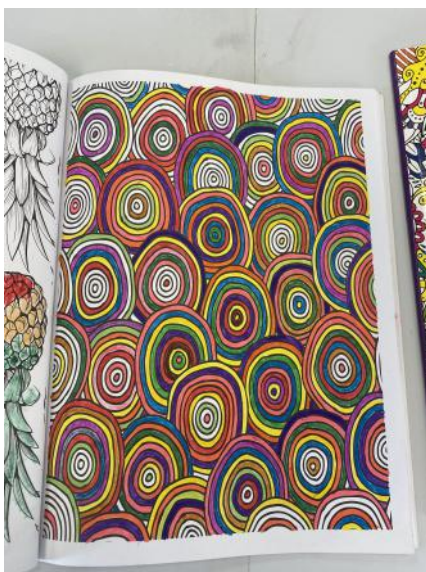


Are you BoB's newest budding artist?

Send us your masterpieces and you may see them in the next issue.

Contact Ani for more info.

Art from Barking and Dagenham



CREATIVE CORNER

Art from Barking and Dagenham



WHAT'S GOING ON?

ALL THE NEWS FROM THE WHOLE BOB FAMILY!



Congrats to Kevin McAleer and the rest of the BoB team for completing the Ealing half marathon this month!

Running is an excellent source of endorphins, a good stress reliever and a great way to lower your resting heart rate.

If you're feeling a bit unfit, want to take some steps to getting healthier or just fancy some fresh air contact Kevin to join the BoB Running Group.

Garden (From Northwick Park Hospital)

A garden full of flowers
 A swing to go up and down
 Beautiful shrubs and herbs
 Fruits on high trees
 Tall grass with dew drops
 Butterflies hovering over flowers
 Collecting nectar from bees
 Birds soaring high
 Children playing on the merry-go-round
 Grannies with merry children
 High speed of the wind
 Blowing bits of paper
 A pond in the vicinity
 Fishing swimming in the pond
 A paddling pool with water
 Splashing water and playing
 Children jumping with joy
 Time to cheer up
 Night setting in
 Retiring to bed
 Dream lovely things



We're all evolving and changing every day. Who we went to bed as, isn't always the person we wake up as in the morning and we're another person entirely at the end of the day.

We all love butterflies but what we don't see is what goes on in the chrysalis. The caterpillar completely disintegrates and becomes slime before it can change into its final form.

Don't judge yourself for your slime days — you're transforming!

BOB'S 12TH BIKE RIDE

FROM RICHMOND TO WINDSOR

BoB's bike ride 2022

Despite train strikes and other obstacles we managed to meet up within a small group of volunteers, service users and staff members and cycled 30miles from Richmond to Windsor! What a great day out!

Well done everyone, we hope to see you again next year!

[#bikeride](#) [#volunteers](#) [#recovery](#) [#buildonbelief](#) [#teamwork](#) [#community](#) [#health](#)
[#support](#) [#notalone](#) [#cycling](#)



EXTRA STUFF

SPECIAL THANK YOU TO ALL WHO HAVE
DONATED TO THEIR LOCAL BUILD ON
BELIEF SERVICE

Acorn Hall:

The Felix Trust
Pret-A-Manger
City Harvest

Barking & Dagenham:

Royal Horticultural Society
Hyde Hall Chelmsford
Homebase

Ealing:

The Felix Trust
City Harvest

Harrow:

Zhijun Wang's Tai Chi

Hillingdon:

Tesco
Rotary Club of Uxbridge

IF YOU WOULD LIKE TO DONATE TO
BUILD ON BELIEF PLEASE CONTACT ANI

MOBILE: 075 9704 6433

anihohmann@buildonbelief.org.uk
OR VISIT OUR WEBSITE

www.buildonbelief.org.uk

Helpful numbers

NHS National Health Service www.nhs.uk/

PHE Public Health England
www.gov.uk/government/organisations/public-health-england

WHO World Health Organisation www.who.int/

SMART UK Self Management and Recovery Training
smartrecovery.org.uk/

Sexual Health London SHL an online service to register visit **SH:24 sexual health** 24 hours a day. Free, discrete, confident, order free home testing kit. Order online, quick discreet delivery. Orders will arrive in a plain, letterbox friendly envelope by First Class Royal Mail. Order before 3pm for next working day deliver. Our expert clinicians are available to advise and support you by text message, phone or email. sh24.org.uk

Terence Higgins Trust. Give HIV the finger. Order a free test now www.tht.org.uk/our-services/phone-and-post/free-hiv-postal-tests

ProDogsDirect: info@prodogsdirect.org.uk
Calls are answered 10am-8pm:
Our Trustees: Donna Woodford
WoodfordDonna@gmail.com
07766 021 465 and Pat Bryant
PatBryant1949@hotmail.co.uk
01322 403 494

DIABETES UK 0345 123 2399 www.diabetes.org.uk

www.release.org.uk Legal advice in:

Brent, Camden, Ealing, Lambeth, Newham, Tower Hamlets, Waltham Forest, Wandsworth, Westminster. However, our helpline - for one-off advice - is national.

British Red Cross

<https://www.redcross.org.uk/loneliness-resources>



TALK TO SOMEONE

If you are in danger of harming yourself by overdosing on drugs or drinking too much call 999 for an ambulance or go straight to Hospital's Accident and Emergency / Urgent Care Unit

Below are some support websites

www.nhs.uk/conditions/suicide/

includes **Moodzone** an NHS website Practical information, interactive tools and videos from the *NHS* to help you.

suicidepreventionlifeline.org

Samaritans: UK 116 123 Email: jo@samaritans.org

Samaritans, available 24 hours a day, 365 days a year: samaritans.org. If you need a response immediately, it's best to call on the phone. This number is FREE to call:

☎ (UK) 116 123 (ROI) 116 123 www.samaritans.org/

Forces in Mind Trust FiMT (armed forces support)

www.fim-trust.org

MIND, the mental health charity: mind.org.uk

☎ 0300 123 3393

Rethink Mental Illness: rethink.org ☎ 0300 5000 927

Campaign Against Living Miserably (CALM) - for men

Call 0800 58 58 58 – 5pm to midnight every day

Visit the webchat page www.thecalmzone.net/

Papyrus - for people under 35

Call 0800 068 41 41 – Monday to Friday 10am to 10pm, week-ends 2pm to 10pm, bank holidays 2pm to 5pm

Text 07786 209697 papyrus-uk.org/

Email pat@papyrus-uk.org

The Silver Line - for older people

Call 0800 4 70 80 90 www.thesilverline.org.uk/

National Problem Gambling Clinic 020 7381 7722 gambling.cnwl@nhs.net 69 Warwick Rd Ealrs Crt. The National Problem Gambling Clinic is part of the national system of treatment provision for problem gambling in the UK. The system includes other providers such as GamCare and The Gordon Moody Association

Al-Anon Family Support: 020 7403 0888 www.al-anonuk.org.uk/
Drinkaware: : 020 7766 9900

www.drinkaware.co.uk/alcohol-support-services/

Families Anonymous: 0845 1200 660

DrugFAM: 0300 888 3853

National Domestic Violence Helpline: 0808 2000 247

CA Cocaine Anonymous cocaineanonymous.org.uk/

AA Alcoholics Anonymous www.alcoholics-anonymous.org.uk/

NA Narcotics anonymous ukna.org/

SRUK SMART UK recovery smartrecovery.org.uk/

The **Matt Palmer Trust** is a UK registered charity whose goal is to support the mental well-being of people of all ages in the UK and Ireland.

<https://mattpalmertrust.org.uk/>

Centrepoin- A charity for young people aged 16 - 25 who are at risk of homelessness. They can give you advice and may help you find accommodation. You can contact them for free on: **0808 800 0661** (Monday to Friday, 9am to 5pm)

centrepoin.org.uk/

Childline—A counselling charity for people aged 18 and under. They can give you advice about what to do if you feel unsafe at home and help you find support. You can contact them for free on **0800 1111** at any time

www.childline.org.uk/

Shelter- A charity that provides support with homelessness at any age. They can give you advice, help you find accommodation and provide legal support. You can contact them for free on: **0808 800 4444** (Monday to Friday, 8am to 8pm and Saturday to Sunday, 9am to 5pm) www.shelter.org.uk/

The HepC Trust offer support to those who have been infected or affected by hepatitis C. We provide information and guidance on claiming for financial assistance from the various blood support schemes across the UK.

If you would like to find out more, please contact Samantha May on 020 7089 6221 or by email to help-line@hepctrust.org.uk

London Friend—Serving the Lesbian, Gay, Bisexual and Transgender Communities. londonfriend.org.uk/

Ways we support you -Counselling; Free Online Video Counselling; Social & support groups; Drug & alcohol use; Domestic abuse; Sexual health. LGBT refugees & asylum seekers. Volunteering opportunities. The work of London Friend depends entirely on the generosity and goodwill of donors, volunteers and supporters. londonfriend.org.uk/

Mens Advice Line 0808 801 0327 Open Monday-Friday 9am-5pm. info@mensadvice.org.uk Free from landlines and most mobile phones, your call will not appear on your phone bill statement. www.mensadvice.org.uk webchat available. Also helping men in same sex relationships. **Mankind Helpline:** 01823 334244 mankind.org.uk (Mens domestic violence unit)

The 24hr freephone **National Domestic Violence Helpline** (run in partnership between **Women's Aid** and **Refuge**) is available on 0808 2000 247 hours a day, 7 days a week. womensaid.org.uk/information-support/helpline/

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org



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Arch

ADDICTION
RECOVERY
COMMUNITY
HILLINGDON



Hope, recovery, community & kinship



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