

# BOB MAGAZINE

2026.1

[WWW.BUILDONBELIEF.ORG.UK](http://WWW.BUILDONBELIEF.ORG.UK)



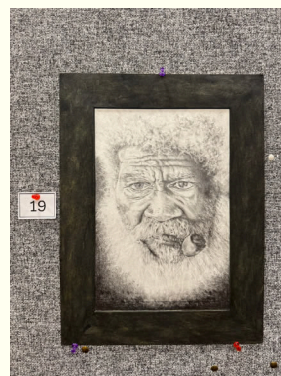
ART BY MATT FROM OUR BOB SERVICE IN CRAWLEY



# BoB Volunteer Awards Ceremony

In October 2025, we brought everyone together for our Annual Volunteer Awards Ceremony, an unforgettable evening of powerful stories and well-deserved recognition. It was a wonderful opportunity to reflect on the year's achievements and honour the kindness and dedication that shape BoB.

We also hosted a beautiful art exhibition, showcasing the creativity and talent of our service users and volunteers. Thank you to everyone who attended the event, and a special thank you to all our incredible volunteers.





## A WORD FROM TIM

At Build on Belief, we have always been about volunteers. For twenty years they have been at the heart of our services, helping to give back to their fellow peers and support our ideas of socially based recovery.

Over the years many have joined us for training and supervision, learning and playing with us, dedicating time, and enthusiasm at the weekend to support our drop-ins, to end up as paid members of our staff team, becoming employed to delivering our peer-led weekend services and on-line programme.

It has always been our goal to support anyone who wishes to do so to move from service user to volunteer; volunteer to team leader; team leader to member of staff. If the world were perfect, everyone working as Support Workers and Service Managers would be employed from this cohort of individuals. Recovery support in motion!

I like to think we have always been rather good at this, but we have decided that our ambition for 2026 is to be even better. As the charity grows, we are determined to support and train anyone who wishes to join us to reach the point where they can confidently apply for a paid role with the charity and get it. And when I say determined, I mean determined.

To that end we have agreed with the Board of Trustees to employ a Volunteer Co-ordinator to help us to do exactly that. We want to provide more and better training, regular one-to-one support, social events, and team bonding days for any volunteer who wishes to become a team leader and hopes to get a job with us. We intend to try and create one of the best peer-led volunteer development programmes in the country and fulfil our ambition of offering paid roles to as many volunteers supporting us as possible. It will not be easy or quick, but then nothing worthwhile ever is, is it?

So, if you secretly dream of a job with Build on Belief, watch this space. We are going to do everything we can to make your dream come true.

Tim Sampey  
Chief Executive Officer

# ONLINE COMMUNITY

7 DAYS A WEEK

"I started attending BoB Online around 4 to 5 months ago. I had gotten unwell last year after being sober approx 2 and a half years. But the illness pushed me to my limits. When I first logged in I was terrified. But the community spirit showed itself within that first group. Everyone knew each other so well and cared about each other. I know there's a concern it can come across clique like. But to me it was people who genuinely cared for each other and looked out for each other. I believed in time I would be one of those people. I was right.

BoB provides so much more than peer support though, it provides hope, hobbies, fun and an extended family that I would be utterly lost without. If I didnt find BoB I dread to think of the outcome. Luckily I did!"

"I Love all the BoB groups, helps me keep going...I'm better...you guys help me love myself more and I love helping other people, it's a beautiful community, thank you so much..."

We offer a jam-packed programme of fun-filled online activities to support your recovery. Whether it's our Recovery Support session offered 7 days a week, our quizzes and games, our hands on creative groups (Art, Creative Writing, Play Reading) or our well-being focused groups (Yoga, Mindfulness, Tai-Chi and more!) there's something for everyone at Build on Belief online.

If you'd like daily email reminders of all the groups running each day, we can add you to our mailing list. From then on, you'll receive a daily invite with links to that day's activities

All you need to do is click the 'sign up' button on our [website](#) :)

Autumn/Winter 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30	Recovery Coaching	Breakfast Club	Recovery Coaching	CLOSED FOR TRAINING	Breakfast Club	Recovery Support	
11:00	Tai Chi Quiz	Art Together Pilates	Yoga Recovery Support	Mental Health Support	Tai Chi BoB Games		Recovery Support
13:00	Recovery Support	Have Your Say LGBTQIA+	CBT Support	Men Only Women Only	Recovery Support	Creative Writing	Hub vs Hub Games
15:00	Topic of the Week	Recovery Support	Exploring Emotions	Wheel Of Mystery	Something For The Weekend		
18:00	Play Reading 19:00 Mindfulness	Tuesday Tunes	Recovery IslandDiscs	Recovery Support	Living With Chronic Conditions	Social Club	Social Club

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

Latest update: 22.09.2025

## Online Programme Team

Ben Houghton  
Rachel Price  
Emily Masarati

07925 138 103  
07872 002 245  
07902 742985

[benhoughton@buildonbelief.org.uk](mailto:benhoughton@buildonbelief.org.uk)  
[rachelprice@buildonbelief.org.uk](mailto:rachelprice@buildonbelief.org.uk)  
[emilymasarati@buildonbelief.org.uk](mailto:emilymasarati@buildonbelief.org.uk)



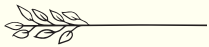
# POETRY CORNER

ONLINE COMMUNITY

## The Gift

The unexpected gift,  
A true gift of giving  
A meal for the homeless  
A gift to the living  
From a child's eyes  
A glow in the face  
Arms outstretched  
Adorned with lace  
With a hesitant smile  
I made this for you  
The look of surprise  
And a smile too  
No expectation of return  
No return to sender  
The gift of giving  
Neither borrower or lender  
Chosen with mindfulness  
A thoughtful treasure  
Chosen by me  
For your unhindered pleasure  
What could it be?  
My mind does wonder  
Carefully wrapped  
No mistakes, no blunders  
I give this gift to you  
As chosen by me  
The effort I made  
To see your face in glee  
So enjoy my friend  
For you are my treasure  
My gift to you, a kiss, oh bless ya

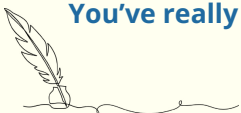
-Fred



## Understanding

I'd like to help you don those shoes  
To walk a path that you must choose  
I fear you might run out of time  
But as I pen this little rhyme  
I watch you drift slowly away  
But can't you last another day?  
For your salvation I sincerely pray  
Do up those laces; keep on those shoes  
You've really nothing left to lose

-Bill



## Cousin

2

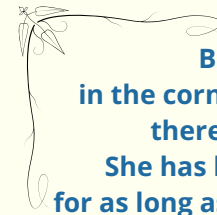
## Cousin

We're from the same  
shoot, the same  
family tree, into this  
world we sprouted, call  
it destiny! I know you  
would have my back;  
that I could count on  
you, even now since  
we've grown up, I know  
that still is true! We're  
there for each other &  
we will be 2 the end. By  
blood we our cousins &  
by hearts we're friends!

-Fran

Oh, I have survived yet another day,  
"Hallelujah" you will hear me say,  
For I am one step closer to being free,  
Whatever that means to me,  
Maybe its when I accept my health,  
Or if I come into some wealth,  
Who knows my symptoms might  
improve,  
Then ill be on the move,  
But for now I will celebrate,  
Cross off today's date,  
Yes, I have survived another day,  
"Hallelujah" you hear me say.

-Rebecca



## BIG TED

in the corner of the room,  
there is a bear.  
She has been with me  
for as long as I can remember  
through the dark times,  
through the light ones.  
She stayed by me  
when everything else shifted.  
She is big and brown,  
not as furry as she once was,  
and like me,  
she's thinning on top  
a loyal act of sympathy.  
Her name is Big Ted,  
because when I got her,  
she was as big as me,  
which made sharing the bed  
A daily olympic event  
I'm glad she can't talk.  
If she could,  
she'd ruin me  
in under five minutes.  
Where did she come from?  
I don't know.  
She appeared one day  
in my bed,  
with a note from my mum—  
and somehow,  
Even now, my mum has never left



Love to me is my everything! It's the reason I get up in the morning, the reason I live and breathe everyday. Because I love my loved ones so deeply, their love keeps me going, stable, strong and they give me hope and purpose in this complex, difficult world we live in day to day.

If it wasn't for love I'd be dead and I'm so grateful of the love I've been gifted. I try to give as love and support back to others as I can because I know that time and love are healers and it is so empowering to grow and accept and love yourself and others. Everyone has pain to heal and everyone has the right to feel worthy.

Lot's of love to you all.

## WHY EXERCISE IN RECOVERY MATTERS

The connection between physical exercise and mental wellbeing is well established. Regular movement stimulates the body's production of endorphins, nature's own "feel-good" chemicals, which can lift mood and reduce stress. This is particularly valuable for people in recovery, as exercise can help rebalance the brain's reward system, which is often disrupted by substance use.

By providing a healthy, natural source of positive reinforcement and routine, physical activity can reduce cravings, support emotional regulation, and reinforce a sense of progress and self-worth during recovery.

See below for everything we offer to boost your exercising routine!

### Badminton Club

The badminton club is where we began our adventures in the world of peer-led projects, and has been running since April 2005. Our club runs every Wednesday and Sunday at the Harrow Club.

Beginners welcome! You are advised to wear loose fitting clothes and trainers. All other equipment is provided.

**187 Freston Road, North Kensington, London, W10 6HT.**

**Wednesday from 3pm to 5 pm and Sunday from 12pm to 2pm.**

For more information:

Laurence Foy - 07505 058250

[laurencefoy@buildonbelief.org.uk](mailto:laurencefoy@buildonbelief.org.uk)

### BoB Cycling Club

Every Tuesday 11am -2pm

Meet up point: St Charles Square, W10 6EY

Route changes weekly

For more information:

Kelly Cronin 07858 300803

[kellycronin@buildonebelief.org.uk](mailto:kellycronin@buildonebelief.org.uk)

### Online Groups

Our Online Programme offers Thai Chi, Pilates and Yoga groups which you can access by following the information on page 2 or by contacting Ben Houghton.

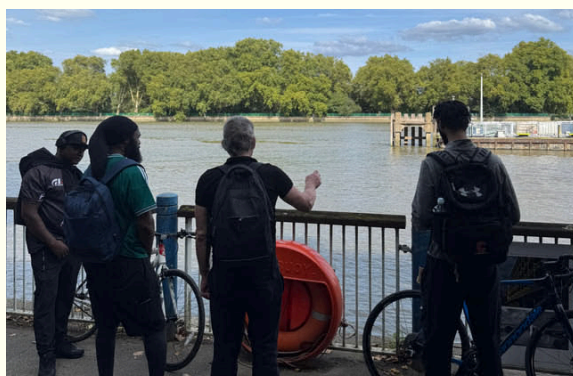
Ben Houghton - 07925 138103

[benhoughton@buildonbelief.org.uk](mailto:benhoughton@buildonbelief.org.uk)

## BOB'S 15<sup>th</sup> ANNUAL SPONSORED BIKE RIDE

Our sponsored bike ride brought together staff, volunteers, and supporters to raise funds while boosting fitness and community spirit. The atmosphere was full of energy and encouragement, and it was great to see everyone cheering each other on.

We're so grateful to everyone who took part and helped make it such a fantastic day. A big thank you to the team in Tower Hamlets who were waiting for us at the finish line with a delicious lunch!



# HOUSING PROGRAMME

## When Everything Feels Too Complicated, Support Can Change Everything!!!

When life feels overwhelming, it can be easy to believe that a problem has become too complicated to fix. That once things spiral far enough, there is no clear way back. This success story is a reminder that even the most complex situations can be untangled with the right support, and that asking for help can be genuinely life changing.

The client, a pension-aged woman, experienced an abrupt loss of Housing Benefit following an inheritance. What should have been a manageable change in circumstances quickly turned into a long and distressing ordeal. Although the funds were used sensibly, supporting her children and grandchildren, carrying out essential home repairs, paying for dental treatment, and clearing bills, the situation triggered a full Housing Benefit investigation. She was left without benefit income for an extended period and facing the constant worry of overpayment recovery.

Resolving this was not a simple matter of filling in forms. It required sustained, hands-on housing support over time. Twelve months of bank statements were reviewed in detail, with each transaction examined and explained. Essential spending was identified and highlighted, and a separate transaction schedule was created, clearly setting out dates, amounts, recipients, and written explanations for every payment. This allowed the local authority to properly understand the reality of how the money had been used.

Alongside this work, new Housing Benefit applications were completed, detailed supporting letters were written, and ongoing correspondence with the council was managed. Further evidence was requested on multiple occasions, requiring persistence, careful organisation, and consistent advocacy to keep the case moving and prevent further delays.

The situation was made even more difficult by the client's alcohol dependency. Addiction can make it incredibly hard to manage paperwork, deadlines, and financial uncertainty, especially during periods of high stress. Being without benefits, worrying about "owing money," and fearing enforcement action created pressure that the client could not manage alone. This level of stress can easily undermine recovery, making practical support not just helpful, but essential.

By the time the client reached the service, she was exhausted and overwhelmed. Through steady, consistent housing support, the situation was stabilised. Housing Benefit was reinstated, and crucially, backdated Council Tax Reduction was secured. This outcome had a profound impact. The fear of debt and enforcement lifted, her anxiety reduced, and for the first time in months, she felt able to breathe again.

With her housing-related finances resolved, the client became calmer, more settled, and better able to focus on her recovery and daily life. What changed was not just her benefits status, but her sense of safety and control. This is the kind of support that restores dignity, relieves pressure, and gives people space to move forward.

If you are struggling with housing, benefits, debt, or addiction or if everything feels tangled and unmanageable, you do not have to face it alone. No matter how complex your situation may feel, support is available.

**Reaching out can be the first step toward stability, relief, and a way forward.**

-Muskaan Syeda Naqvi



Our Housing Support services are available by phone, online, and in person. Whether you need assistance yourself or know someone who could benefit from our support, we are here to help.

The Housing Support service operates seven days a week, offering practical support to individuals facing housing challenges. We run services in various locations to make it easier for people to access the help they need.

At weekends, we hold drop-in sessions at two sites (in RBKC at Acorn Hall and in Westminster), while during the week we see clients in our offices, out in the community, or at their homes if required.

Please reach out to us through our website or contact our dedicated team.

### Housing Programme Team

Liam Harte

07739 796045

[liamharte@buildonbelief.org.uk](mailto:liamharte@buildonbelief.org.uk)

Syeda Muskaan Naqvi

07745 739760

[syedanaqvi@buildonbelief.org.uk](mailto:syedanaqvi@buildonbelief.org.uk)

Tom Pasieka

07745 739762

[tompasieka@buildonbelief.org.uk](mailto:tompasieka@buildonbelief.org.uk)

# ACORN HALL

1 East Row, North Kensington, London W10 5AR

What have we been up to lately?

We had a fantastic Christmas Party with our very own DJ Senior who has dedicated his time 2 years in a row, followed by a trip to the Pantomime and Nando's to bring 2025 to a close.

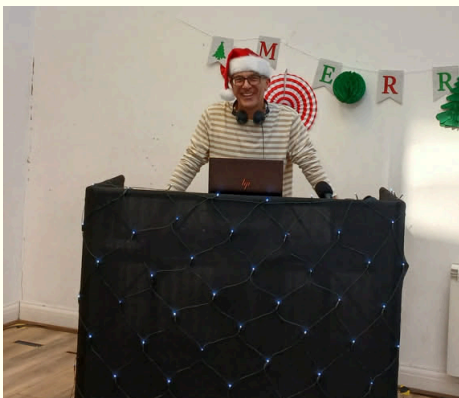
On the days we weren't getting glammed up for events, we have been connecting through arts and crafts, classic board games, yoga and lots more! Which all bring plenty of laughter even on these rainy days we've been having lately!

A big shout out to our volunteer team who make every weekend at Acorn Hall possible thank you for your commitment and dedication to the service you are all superstars.

## Do you need help with any issues relating to substance use? Or the day-to-day tasks we can often forget to do because of substance use?

We have a strong team of dedicated support workers and a brilliant outreach team, who can help with substance misuse, housing, mental wellbeing referrals, benefit advice/help and much more. Come visit us and we will be more than happy to support you!

Opening times:  
Saturday from 10:30AM to 2:30PM  
Sunday from 12PM to 4PM



"I love coming to BoB to socialise with people and everyone here is very caring"

"I've been coming to BoB Acorn Hall for 7 years, I love the atmosphere and don't feel inhibited to ask anyone for help"

### Acorn Hall Team

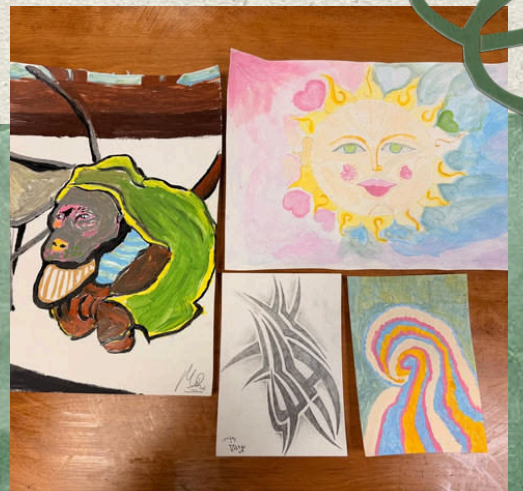
Kelly Cronin 07858 300803  
Tracey Mason 07872 002251  
Jan Murphy 07511 404552

[kellycronin@buildonebelief.org.uk](mailto:kellycronin@buildonebelief.org.uk)  
[traceymason@buildonbelief.org.uk](mailto:traceymason@buildonbelief.org.uk)  
[janmurphy@buildonbelief.org.uk](mailto:janmurphy@buildonbelief.org.uk)





# BoB Art Wall



# HILLINGDON

Old Bank House, 64 High Street, Hillingdon, Uxbridge, UB8 1JP



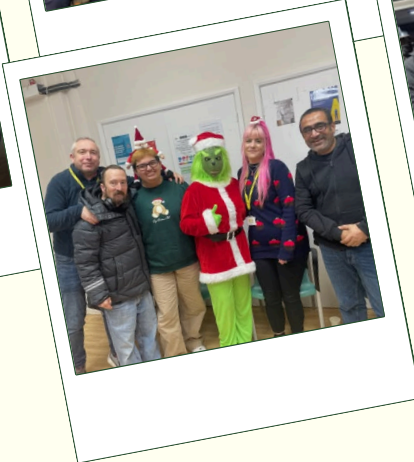
The final stretch of the year gave the Hillingdon crew plenty of reasons to come together, we rarely need an excuse but we fully embraced it. Alongside the day-to-day work, October through December became a season of connection, laughter and more than a little fancy dress. From Halloween costumes that ranged from inspired to bravely experimental, to festive celebrations and a brilliant panto trip, there were lots of moments that reminded us just how important it is to make space for joy within recovery. We also paused to reflect and remember lost friends and of course take part in the local Hillingdon Remembrance Day Service.

These gatherings weren't just about having a good time (although we do that rather well), they were about strengthening the sense of community that sits at the heart of everything we do. Sharing food, dressing up, watching a show together or simply taking time to laugh helped create moments of safety, belonging and shared experience. For many, these events offered a welcome break from the seriousness that life can bring and a reminder that recovery also deserves celebration.

A huge part of what made these months so special was the commitment and generosity of our volunteers. Their time, energy and willingness to get involved, whether helping to organise events, support others, or simply show up with warmth and encouragement, continue to shape the Hillingdon service into the welcoming space it is.

Quite simply, these moments don't happen without them.

As we move into the new year, it feels important to pause and acknowledge what makes Hillingdon such a special part of BoB. The sense of togetherness, care and shared laughter we've seen over the past few months reflects the very best of our community. Whatever the next season brings, we know it will be faced in the same way, together, with compassion, and probably with another excuse to dress up along the way.



Open 7 days a week  
from 11am - 3pm

## Hillingdon Team

Lisa Durand  
Finola Sullivan  
Matthew Ralph

07511 403465  
07739 796048  
07704 683149

[lisadurand@buildonbelief.org.uk](mailto:lisadurand@buildonbelief.org.uk)  
[finolasullivan@buildonbelief.org.uk](mailto:finolasullivan@buildonbelief.org.uk)  
[matthewralph@buildonbelief.org.uk](mailto:matthewralph@buildonbelief.org.uk)

# EALING

Southall Town Hall, High St, Southall, UB1 3HA

This is more than a service; it's a community built on trust, laughter, and the belief that recovery isn't just possible, it's personal and we're here to support everyone who walks through our doors.

Ealing is one of our longest-running and liveliest projects. Tucked inside the RISE treatment hub, it's a place where support, connection and laughter come together every day we're open.

The last few months have brought some really positive changes, and we're excited to share them with you. We've moved into a new home at Southall Town Hall, giving us more space to grow and welcome even more people from across the local community.

We're still open **Monday to Sunday, 10AM-3PM**, with Tuesdays dedicated to Recovery Coaching. Whether you're a familiar face or thinking of dropping in for the first time, our team is always ready to welcome you into a friendly, supportive space.

You can pop in for a chat, get advice or information (for yourself or someone else), and enjoy a hot meal, a vegetarian /vegan option, a cuppa, a friendly ear, or an activity. No pressure, no judgement, just a warm welcome and the kind of atmosphere that feels more like a slightly chaotic but welcoming living room, than a typical drop-in. As always, we work hand-in-hand with our partners at RISE, CGL, and CNWL, offering a joined-up approach that blends structured treatment with community-led peer support. Together, we aim to create an environment that is inclusive, trauma-informed, and rooted in lived experience.



## ACTIVITY TIMETABLE



Monday

10:30 AM - 12:00 PM HAIRDRESSING

13:00 PM - 14:30 PM BOXERSICE



Tuesday

RECOVERY COACHING ALL DAY



Wednesday

10:30 AM - 11:45 AM CRAFTS

12:00 PM - 14:30 PM FILMS/MOVIES



Thursday

10:30 AM - 12:00 PM BOARD GAMES

13:00 PM - 14:30 PM CLOURING/PUZZLES



Friday

11:00 AM - 12:00 PM ART

12:30 PM - 14:30 PM FILMS/MOVIES



Saturday

10:00 AM - 15:00 PM AIR HOCKEY

11:00 AM - UNTIL FINISHED  
FOODBANK



Sunday

10:00 AM 12:00 PM BINGO

12:45 PM - 14:00 PM BoB QUIZ



## Celebrating success

One journey we're especially proud of is Richard's. He joined us as a service user, took the step into volunteering, and is now a valued member of staff. Watching his confidence and skills grow has been truly inspiring; he's doing amazingly well, and we couldn't be prouder.

A special thank you to our amazing team of volunteers, kind, down-to-earth people who help keep the space running and make everyone feel like they belong.

We're always on the lookout for new volunteers to join us. You'll get a full walkthrough of the role, and we offer training every Thursday at 1:30pm, both online and via our head office.

We are looking forward to meeting you!

### Ealing Team

Kourtney Turner 07872 002246 [kourtneyturner@buildonbelief.org.uk](mailto:kourtneyturner@buildonbelief.org.uk)  
Rob Demacque 07948 626633 [robdemacque@buildonbelief.org.uk](mailto:robdemacque@buildonbelief.org.uk)  
Lisa Bayliss 07858 300799 [lisabayliss@buildonbelief.org.uk](mailto:lisabayliss@buildonbelief.org.uk)

Graham Beech 07858 306368 [grahambeece@buildonbelief.org.uk](mailto:grahambeece@buildonbelief.org.uk)  
Richard Sanchez 07928 397440 [richardsanchez@buildonbelief.org.uk](mailto:richardsanchez@buildonbelief.org.uk)  
Tamsin Parker 07702 624607 [tamsinparker@buildonbelief.org.uk](mailto:tamsinparker@buildonbelief.org.uk)



## HARM REDUCTION

At Build on Belief we are fully committed to the improvement of the health and wellbeing of everyone that passes through our doors and this means that if an individual wishes to continue to use substances that they do so safely. We do not pass any kind of moral judgement but can provide information or access to equipment that will minimise harm that is associated with substance use to the individual and the wider community. This is the core of the harm reduction strategy that is in place at Build On Belief.

So, what does this mean in reality? It means that individuals have access to 'clean works', that is needles, syringes and other equipment that reduces the potential for the transmission of blood borne viruses and catastrophic vein damage by the continual reuse of damaged injecting equipment. Furthermore, with the increased presence of synthetic opioids in street heroin, testing strips are now available and this has resulted in raising awareness that overdoses can result from smoking heroin and not just injecting. Naloxone which reverses opioids is now readily available to all. The Needle Syringe Program also provides 'sharps bin' for safe disposal of needles and also disposal of the bins themselves. An overarching aim of objective of harm reduction policy is to reduce the incidences of transmission of blood borne viruses such as Hepatitis B, C and HIV and this is offered to those who attend our services when they engage in partner treatment services.

In conclusion, the harm reduction strategy that we have at Build on Belief and at partnership organisations is informed by the view that for better or worse, licit and illicit drug use is part of human behaviour and it both more compassionate and pragmatic to work to minimize the harmful effects of substance use rather than simply ignore or condemn those who use. Underpinning this is the belief that people who use drugs and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them.



Syed Rahman  
Harm Reduction Worker in RBKC  
[syedrahman@buildonbelief.org.uk](mailto:syedrahman@buildonbelief.org.uk)  
07511 161047



## RECOVERY COACHING PROGRAMME

Recovery coaching bridges the gap between knowing what to do and being able to do it. It offers accountability without judgement, encouragement without pressure, and the confidence to believe in a future not defined by the past.

Recovery is individual. It's not only about moving away from harm but also moving toward a life that feels meaningful and worth living.

This programme provides a safe, supportive space to explore challenges, build self-awareness, and strengthen identity and purpose. It helps to create real, achievable, and sustainable change — a bridge from existing to living.

"I am the recovery coach and trainer at Build on Belief and was a service user, spending many years in active addiction and struggling with my mental health. In recovery I am where I thought I would never be. Through recovery coaching I can not only do a job I'm passionate about but also give hope, support, and empowerment to those on their journey."

-Claudia Alexander



**Online - Every Monday and Wednesday**

9:15am - 11am

**In Person - 1 High Street, Southall, UB1 3HA**

Tuesdays 10.30am - 3.30pm

Fridays 10am - 12pm

**Contact:**

Claudia Alexander - 07739 796047

[claudiaalexander@buildonbelief.org.uk](mailto:claudiaalexander@buildonbelief.org.uk)

Ben Houghton - 07925 138103

[benhoughton@buildonbelief.org.uk](mailto:benhoughton@buildonbelief.org.uk)

# GREENWICH

821 Woolwich Rd, London SE7 8LJ

Good Food. Great Company. Good Energy. Lots of support!

## Christmas Bingo and a Feast to Remember

We kicked off December with our now famous Christmas Bingo. The room was buzzing, the prizes went fast and the laughter didn't stop. Our big Christmas meal brought everyone together over a proper dinner with all the trimmings. It felt relaxed, friendly and full of warmth and lovely conversations.

## Film Club Is Taking Off

Our new Film Club has quickly become a Greenwich favourite. We started with "28 Days", a comedy with recovery at its heart, plus popcorn, sweets and a chat afterwards. Watching something together has opened the door to some good conversations and we're looking forward to more.

## The Odd Painters and Our Creative Crew

Creativity is alive and well at Greenwich. The Odd Painters bring colour, imagination and plenty of laughs. Our regular creative groups have been going strong:

- Origami – calm and grounding
  - Crochet – with Nadiya helping anyone who wants to learn
  - Jewel Art and Diamond Art – relaxing and detailed
  - Art sessions – where ideas and chats flow easily
- There's something special about sitting side by side making things. It's easy, it's social and it's a lovely way to spend an afternoon.



## Hot Food, Warm Welcome

Every day comes with the comfort of hot, home-style food thanks to Paul. His lasagne is the most requested dish. It's rich, hearty and now officially his signature.

## Games That Bring Us Together

Our games corner is one of the liveliest parts of the hub.

- Uno has given us some of the biggest laughs. Kaylie has become a bit of a legend. She always seems to have the perfect card ready. People say she doesn't just shuffle the cards, she shuffles the rules.
- Chess has its own quiet charm. Terry, our resident chess champ, is always up for a match, whether you're learning or plotting a sneaky move.
- Hub to Hub Quiz. Most Sundays we join the other BoB hubs and our online regulars. We don't always win, but we always have a good time.

## Peer Support at Greenwich

Along with the games, the food and the creativity, the heart of Greenwich stays the same. Gentle support, encouragement and the kinds of chats that just happen when people feel comfortable. People share lived experience, offer a listening ear and give each other the kind of steady encouragement that can make a real difference.

## A Voice From the Hub

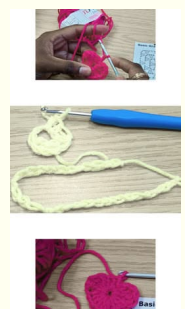
"I just needed somewhere to be around people again, and this place has really helped. It's properly friendly. The people keep me coming back. There's always someone to talk to if you want to. It's helped me more than I expected."

## You're Always Welcome

If you haven't visited us yet, or if it's been a while, you're always welcome to drop in. Stay for half an hour or stay all day. Try an activity, share a meal or just sit with us for a bit and have a chat. We are shaped by the people who walk through the door, and we'd love you to be part of it.



Open every Saturday and Sunday, from 11am - 4pm



## Greenwich Team

Tanya Spocter 07902 742982 [tanyaspocter@buildonbelief.org.uk](mailto:tanyaspocter@buildonbelief.org.uk)  
Jon Bowen 07542 508139 [jonbowen@buildonbelief.org.uk](mailto:jonbowen@buildonbelief.org.uk)

# HOUNSLOW

Hounslow, Montague Hall, Montague Road, Hounslow, TW3 1LD

Here at Hounslow, a warm welcome awaits everyone and having fun is a must for all of our service users and staff alike.

Our large community of Polish service users can be regularly seen playing a card game that only they can understand, they thoroughly enjoy themselves between whilst attending our weekend service, all of them wishing that the service was open during the week.

The arts table is still the most enjoyed activity by far and our service users take great pride in their artwork, which may include sketches of staff members, painted memoirs, and coloured quotes about what recovery means to them; it depends entirely on the individual. Mary and Terri, our more senior service users, can be relied upon for a good old-fashioned chinwag and their seats at the arts table are guaranteed. Kamil, now a volunteer with us after joining as a service user 13 months ago, has amassed an impressive portfolio of coloured prints which he has had laminated and made them look amazing.

We recently acquired a simple game of Ring Toss which has proved extremely popular and quite literally everyone has played at some point. We will be holding our 1st knockout competition in the very near future and I can confirm that this game can get extremely competitive and is NOT as easy as it looks.

Our service users have always been complimentary towards the food provided by our team, and even more so now as we may have discovered the next master chef in Lewis, who recently started volunteering for us after joining as a service user in December. He has raised the bar considerably and has an absolute passion for cooking which, by his own admission, helps him immensely in his own personal recovery journey; we are looking at options that may help him obtain qualifications in catering and Lewis is full of gratitude towards BoB after being referred to us by his support worker.

We have also been blessed with another volunteer who has travelled all the way from the land down under to be with us (via Ealing), and thanks to Kourtney for signposting him to us. Graham will be volunteering on Saturdays whilst Scott can be relied upon to volunteer his services when required.

We had the honour of hosting a surprise 75th birthday party for "OUR MARY" in October which was very well attended and a huge success. It was a very special day for a very special lady who, despite having had multiple health scares and problems with accommodation, thoroughly enjoyed herself and afterwards revealed that she had never had a party thrown for her before. The day couldn't have been made possible without the hard work of our volunteer team, so special thanks goes out to Alessandro, Kissena and Kris who helped make it possible.

We are also delighted to welcome our newest staff member, Karan, who has recently joined us replacing our previous support worker Anastasia who, after graduating with honours, actually gained employment with the university she graduated from and recently popped in to say hello to us all.

Happy Hounslow is full of fresh faces and fresh ideas, and everyone is welcome!



Every Saturday and Sunday  
from 11am - 4pm

## Hounslow Team:

Kevin Gorman 07707 857590  
Karan Sandhu 07925 138110

[kevingorman@buildonbelief.org.uk](mailto:kevingorman@buildonbelief.org.uk)  
[karansandhu@buildonbelief.org.uk](mailto:karansandhu@buildonbelief.org.uk)

# NEWHAM

3 Beckton Road, Canning Town, London E16 4DT



Our hub in Newham is a vibrant and diverse service.

Run by an excellent BoB team, it is the ideal place to find a little extra support at the weekend if life gets difficult.

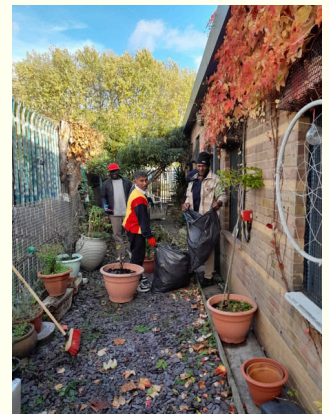
It is blessed to have a wonderful little garden which is the ideal place to relax with a cup of coffee.

Staffed by a committed team of friendly and skilled volunteers, there is plenty of easy conversation, and excellent kitchen facilities. Lunches are a delight with menu changing each weekend thanks to our incredible chef volunteers.

It is with regret that Prince, our former Service Manager, has moved on. We thank him for his contributions and wish him every success in his next chapter.

We are delighted to welcome our new manager, Shrishti, who will be joining the team in March 2026. Welcome to the team!

Our New Garden Project (THE GARDEN OF HOPE) is going well, we are looking forward for the spring months and planting new seeds, our team is ready with plans for outdoor activities.



Our monthly outings have been a success, we had our Arts Workshop in February and are busy deciding on visits for the rest of the year!

Exciting things to come, watch this space :)

All are welcome to enjoy a safe haven promoting connection and creativity.

**Opening times:**  
**Friday from 5pm to 7pm**  
**Saturday and Sunday from 10am to 3:45pm.**



A special THANK YOU to Barratt London who have made an incredible donation of £3,000 to our service and will enable us to enhance our activities, resources, and support for those who rely on us.



## Newham Team

Shrishti Sinha

Jemima Bolton

Karen Ricketts

07858 306370

07872 002247

07925 138102

[shrishtisinha@buildonbelief.org.uk](mailto:shrishtisinha@buildonbelief.org.uk)

[jemimabolton@buildonbelief.org.uk](mailto:jemimabolton@buildonbelief.org.uk)

[karenricketts@buildonbelief.org.uk](mailto:karenricketts@buildonbelief.org.uk)

# WESTMINSTER

32a Wardour street, W1D 6QR

Our lovely service is right in the heart of China Town which is a very transient area with plenty of diversity, where individuals can come together and share a good time at the weekends. While we are open, we provide a safe, confidential, cosy, creative, and supportive service for clients who have or have had substance use issues and/or no fixed abode.

We have a super friendly and professional housing team who are here to support with issues such as temporary housing in hostels, benefit claims, and identification support. We work very closely with Turning Point, referring to each other's services. We also provide a confidential and safe needle exchange.

We have an amazing connection with the employment, training, and education team and we are always ready to refer our service users to local GPs, doctors, and dentists.

We also let individuals know that "no question is a silly question, so please ask away".

We have an enthusiastic outreach team made up of Turning Point staff, BoB staff and volunteers. Our volunteer team are a friendly, quirky, and inclusive bunch; they are welcoming and supportive throughout the time that we are all at 32.

Our barber recently found himself a job, so we now have a stand-in barber on Saturdays.

We have just been celebrating Chinese New Year of the Fire Horse as well as Valentine's Day, with lots of painting in reds and pinks.

Some of our service users and volunteers have recently met at Lancaster Gate tube station, then went to the Clore Learning Centre via Kensington Gardens for a healthy walk, followed by a charcoal creative group. This group was in the perfect location near Kensington Palace, providing a creative backdrop for everyone to use charcoal for a couple of hours. The creativity was immense. Meeting new people was a joy to share in February, a tough time of the year for some.

We then visited Kensington Palace for a tour, which was pre-booked by Karen Ricketts from BoB Newham. It was a very intriguing, magical royal wonderland, and a few of our service users were engrossed in the talks about the historical events that occurred at the palace, including the Lords', ladies', and gentlemen's fashions, parties, the prices of the gowns, and the extravagance of the whole experience, which took us all down the royal path.

The whole group had coffees in the café afterwards and chatted together about the palace and their experience.



**Opening times:**  
**Friday from 1pm to 3pm**  
**Saturday and Sunday from 11am to 4pm.**

Here is some incredible feedback we have recently received

"BoB has been instrumental in my road to recovery given me time to consider my future in a constructive and inclusive environment."

"BoB is a weekly experience of safety, laughter and unity. A place for service users and volunteers to get together and help each other out, like hairdressing, art and friendly conversations. I recommend this for anyone trying to get and sober."

"I am part of the volunteer team for BoB. I volunteer from Friday to Sunday.

Since I have been here, I have met some nice people, who have welcomed me into the fold and now I feel like I am part of something greater."

## Westminster Team

David Hibbert

Alina Naqvi

07548 963000

07707 859851

[davidhibbert@buildonbelief.org.uk](mailto:davidhibbert@buildonbelief.org.uk)

[alinaanqvi@buildonbelief.org.uk](mailto:alinaanqvi@buildonbelief.org.uk)

# BUCKINGHAMSHIRE

The Oasis House, George Street, High Wycombe, HP11 2RZ

It's been a buzzing past few months at the High Wycombe weekend hub, with attendance reaching its highest levels yet. We're now welcoming 20-30 people each session, and the hub stays lively from the moment we open to the moment we close. Our more focused outreach has helped us connect with new faces while still supporting our regulars, creating a real mix of energy, stories, and community spirit.

We've also packed in some brilliant activities. Our Christmas Raffle brought a burst of festive cheer, with plenty of laughter and friendly competition. Out in the community, another Pop-Up Café gave us the chance to share hot drinks, warm conversations, and information about the support available through BoB and ORB. And inside the hub, our brand-new art table has quickly become a creative hotspot, a place where people can relax, express themselves, and proudly show off their masterpieces.

With more people coming through the doors than ever, we're excited about the growing momentum, and we're looking forward to expanding our volunteer team so we can keep the hub thriving.



Positive feedback received in our comments book:

"Thank you for the friendly atmosphere, someone to talk to, someone to recognise I am a person! Thank you <3"

"Thank you very much for the delicious food, your kindness and the lovely atmosphere again. Every weekend is an absolute pleasure coming here. Thanks again to all the staff!"

"Love coming to BoB. very relaxed atmosphere. Love the painting."

A short success story:

Lately at the hub, we've had the joy of watching one of our regular weekend attendees make an incredible leap forward. We first met him during one of our early hostel Pop-Ups, where he showed a real interest in what we do and was keen to get involved. From that moment on, he became a familiar face at the hub, turning up every weekend, staying for the whole day, and gradually becoming part of the community.

Over the weeks, we've watched him grow in confidence, open up to new people, and take positive steps toward rebuilding his life. This quarter, he reached a huge milestone: he's now moved into a place of his own. Seeing his transformation has been a joy for the whole team, and we're incredibly proud to have been part of his journey.



We are open every Saturday and Sunday  
from 11am to 4pm.

On Saturdays, food offerings include breakfast options such as cereals, hot drinks, bacon rolls, and toasties, followed by a hot lunch with pudding and soft drinks. Activities available throughout the day include board games, arts and crafts, crosswords and puzzles, and mini pool. On Sundays, the same breakfast and lunch options are available. Activities again include board games, arts and crafts, crosswords and puzzles, and mini pool, with the addition of a themed art station featuring paint from reference and the Hub to Hub Quiz at 1:00 PM.

## Buckinghamshire Team

Anna Carp 07860 307482

[annacarp@buildonbelief.org.uk](mailto:annacarp@buildonbelief.org.uk)

Mike Neill 07860 302590

[mikeneill@buildonbelief.org.uk](mailto:mikeneill@buildonbelief.org.uk)

# WEST SUSSEX

OPEN IN 3 DIFFERENT LOCATIONS

As a team, we're incredibly proud of the people we support, our volunteers, and each other. Over the past few months, our reach has almost doubled across every service, meaning we've been able to be there for many more people. Each week, we bring people together through a wide range of activities, from arts and crafts, quizzes and music, to wellbeing sessions, recovery coaching, games, and shared moments like book club, karaoke, and bingo. Every activity is another chance to connect, belong, and feel supported.

One of our long-standing volunteers has now left us as a volunteer. Although we are sad to see him go, we are so excited for his next chapter, working with CGL. This is something he has been working towards for a while, and we were happy to be a part of the process for him getting the role he wanted.

## WORTHING

Open every Friday evening  
5:30PM - 7:30PM  
30-32 Teville Road

## CHICHESTER

Open every Saturday  
10am - 3pm  
CGL, The Old Post Office,  
S Pallant, Chichester PO19 1XP

## CRAWLEY

Open every Sunday  
10am - 3pm  
CGL, Centenary House,  
Woodfield Rd, Crawley, RH10 8GN

### We'd also like to take a moment to share some of the positive feedback we've received.

"I get sad when the session ends. I look forward to next week rolling round so I can come back and see everyone."

"There's something magical when you're at Build on Belief. As a spiritualist myself, I feel such positive energy in the room, and I come out elated when I've been at the service. Many service users say it is the highlight of their week, coming to Build on Belief, and honestly, I can see why. I love this charity. Long may it continue to brighten up people's weeks."

"The staff are so supportive and offer encouragement, and so much kindness."

"I have seen so much happiness in the service. Service users see it as a safe space. Some may have been going through difficult times, but when they are at Build on belief they are at ease. Whether they are chatting with staff, volunteers, or fellow service users, it is clear that they are in a happy place."

"The games are great fun, and can bring laughter, competitive spirit, and utter chaos, but in the best way possible, because everyone is having a great time. Alongside this, there is therapeutic art sessions, which can be relaxing and many service users have said they enjoy the peace and serenity."

"Recovery coaching groups are a safe space for service users to discuss their addictions and mental health and works really well."

"Managers are welcoming, kind, and the Build on Belief team of managers, support workers and volunteers offer a safe structured environment and service users are even given a safe space to talk with staff on a one-to-one basis if they need to."



### West Sussex Team

Billie-Mae Weir

Mia Robinson

Daniel Smale

07702 624631

07394 096026

07704 683148

[billie-maeweir@buildonbelief.org.uk](mailto:billie-maeweir@buildonbelief.org.uk)

[miarobinson@buildonbelief.org.uk](mailto:miarobinson@buildonbelief.org.uk)

[danielsmale@buildonbelief.org.uk](mailto:danielsmale@buildonbelief.org.uk)

## WOMEN'S WELLBEING PROGRAMME

The women currently participating in the programme have reported that they are enjoying the sessions and are finding them to be highly beneficial, particularly in terms of connecting with others who share similar life experiences.

This sense of relatability has already established a supportive and inclusive environment, which has been key to the pilot's early success in West Sussex

Sessions have been lively and interactive, with participants openly sharing personal stories and experiences, with many women showing compassion and encouragement towards one another. Several meaningful friendships have already begun to form within and possibly outside of the group.

Encouragingly, some members of the current cohort have expressed interest in staying involved beyond this initial programme. One participant has even voiced an interest in co-facilitating or leading future sessions. Another shared the following reflection:

"I feel ready to get 'stuck in' with a project, and by coming to the group I've felt a connection with other women. I like the idea of empowering those who've had different experiences from the social norm, or those who want to hold on to hope and find a new path beyond drugs; to achieve the goals they've always wanted, or simply to listen. I find that I grow just by listening, that's growth in itself."

On a further and positive note, the Women's Wellbeing programme has now also been extended into our weekend services within both Chichester and Crawley.

We have equally received encouraging requests from Emergency Accommodation providers in the area to facilitate the service directly within their buildings, reflecting growing recognition of the WWP's impact.

# Women's Wellbeing Programme



Looking for support for **substance use disorder, homelessness, mental health** issues? Want to learn and grow in a safe supportive environment with your peers who understand what you are going through?



Every Friday from  
10am-1pm in  
Central Worthing



To find out more:  
Mia Robinson - 07394 096026  
[miarobinson@buildonbelief.org.uk](mailto:miarobinson@buildonbelief.org.uk)

# TOWER HAMLETS

The Alma, 41 Spelman St, London E1 5LQ

What a great few months we have had here at The Alma! Our service users have been instrumental at welcoming new people in through our doors. They have taken to offering a friendly game of Uno at the main table which always sparks laughter and conversation.

We have had the pleasure of having Banana Wild from The Sunshine Soul Collective facilitate a new group with us on a Saturday morning where she creates a safe and friendly space for service users to talk about their emotions and feelings in the form of wordplay, games and conversation.

We also have a visit from Steph Smith every third Saturday of the month who facilitates her Print Art Workshop. At least 8 of our service users attend and a group of them attended an exhibition at Tower Hamlets Town Hall in October, where I had the pleasure of seeing their work displayed for all to see and to witness some of our service users who previously had little confidence, stand up and speak about their work on a microphone, in front of a crowd. It was quite emotional!

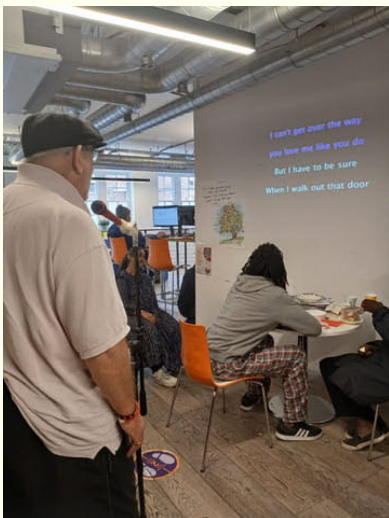
Christmas was a wonderful time. We put on a pizza lunch with snacks and sweet treats, and the room was full of joy. Karaoke was a huge hit, alongside a Christmas quiz and a lively game of pass the parcel. Proof that you're never too old for a game!

Quite recently, we decided to put our tables together to encourage our service users to sit together and to join in conversation. We place art materials, puzzle books, games and anything that may spark their interest. Bringing people together and creating a supportive community is one of our main goals.

A special thank you to Liam, one of our wonderful volunteers, Liam has been an asset to our hub. He goes above and beyond, helping service users set up websites for their artwork or by giving them technical support to carry out their projects.

We're incredibly proud of everything our hub has achieved over the past few months and excited about the many meaningful connections still to come.

Open every Saturday and Sunday  
from 11am - 4pm



## Tower Hamlets Team

Tracey-Anne Ellery  
Otilija Boukadir

07542 023954  
07702 624618

[tracey-anneellery@buildonbelief.org.uk](mailto:tracey-anneellery@buildonbelief.org.uk)  
[otiljaboukadir@buildonbelief.org.uk](mailto:otiljaboukadir@buildonbelief.org.uk)

# HARROW

97 Pinner Road, Harrow, London HA1 4ET

Over the past few months, we've been keeping snug through the winter, creating a warm and welcoming space that truly feels like a home away from home. On Saturdays, we've been based at the Green Pavilion at the Harrow Recreational Park, and on Sundays at VIA, where we also offer hot food. Saturdays are made even more special with the Derek Hart Band jamming with us, alongside a range of much-loved activities including chess, scrabble, quizzes, riddles, arts and crafts, conversation cards, and plenty of shared laughter.

We also have a great knitting group that creates little blankets which are then donated to Cats Protection to keep kitties warm.

Our monthly Culture and Sights outings have taken us everywhere from Boxpark Wembley, thanks to the generous hospitality of Nanny Bill's, Boki Coffee, and the Boxpark team, to our upcoming trip to the Science Museum.

We're also incredibly grateful to Morrisons, who continue to support us with regular donations.

Alongside our regular sessions, we continue to offer a wide variety of groups and projects throughout the month. Please contact our team for more information!

- New Guitar Lessons are offered on Friday afternoons 1:45-2:30pm (at the Green Pavilion).
- Meditation run by FitbyCords on every second Sunday of the month at 2:15pm.
- Gardening Project last Sunday of every month.
- Litter picking, community engagement at the Harrow Recreational Park, last Friday of every month.
- Recovery Journey 3rd Sunday at 2pm, where we have outside people in Recovery coming in and sharing their Journey into Recovery.

**Weekend opening times:  
Saturday and Sunday  
from 11am to 4pm.**



A special THANK YOU to Waitrose South Harrow for the continued support and for the generous donation at the end of February. Your ongoing generosity truly makes a difference and helps us continue the work we are so passionate about. Thank you for standing with us and supporting our mission.

## Harrow Team

Mandy Boltman

Elijah Robinson

07511 177295

07745 740171

[mandyboltman@buildonbelief.org.uk](mailto:mandyboltman@buildonbelief.org.uk)

[elijahrobinson@buildonbelief.org.uk](mailto:elijahrobinson@buildonbelief.org.uk)

# EXTRA STUFF

We would like to extend our heartfelt thanks to City Harvest London and The Felix Project for their weekly donations supporting our foodbanks in Ealing and Acorn Hall.



IF YOU WOULD LIKE TO DONATE TO BUILD ON BELIEF

PLEASE CONTACT ANI HOHMANN  
MOBILE: 07597 046433  
[anihohmann@buildonbelief.org.uk](mailto:anihohmann@buildonbelief.org.uk)  
OR VISIT OUR WEBSITE  
[www.buildonbelief.org.uk](http://www.buildonbelief.org.uk)

## BoB Head Office Team

Tim Sampey - Chief Executive  
[timsampey@buildonbelief.org.uk](mailto:timsampey@buildonbelief.org.uk)

Ani Hohmann - Head of Finance and Central Operations  
07597 046433  
[anihohmann@buildonbelief.org.uk](mailto:anihohmann@buildonbelief.org.uk)

Ben Houghton - Head of Research and Online Services  
07925 138103  
[benhoughton@buildonbelief.org.uk](mailto:benhoughton@buildonbelief.org.uk)

Romain Hebrail - Head of Services  
07858 306371  
[romainhebrail@buildonbelief.org.uk](mailto:romainhebrail@buildonbelief.org.uk)

Liam Harte - Housing Support Programme Manager  
07739 796045  
[liamharte@buildonbelief.org.uk](mailto:liamharte@buildonbelief.org.uk)

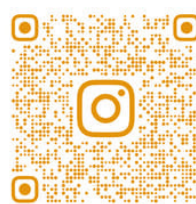
Karen Brown - Operations Manager  
07542 023953  
[karenbrown@buildonbelief.org.uk](mailto:karenbrown@buildonbelief.org.uk)

Laurence Foy - Operations Manager  
07505 058250  
[laurencefoy@buildonbelief.org.uk](mailto:laurencefoy@buildonbelief.org.uk)

Jessica Soares - Office Manager  
07752 446560  
[jessicasoares@buildonbelief.org.uk](mailto:jessicasoares@buildonbelief.org.uk)



**Connect with us  
on social media:**



**@BUILD\_ON\_BELIEF**



Build On Belief

Registered Charity 1148916

[WWW.BUILDONBELIEF.ORG.UK](http://WWW.BUILDONBELIEF.ORG.UK)