

# WINTER 2021/2022



[www.buildonbelief.org.uk](http://www.buildonbelief.org.uk)

## BOB NEWSLETTER

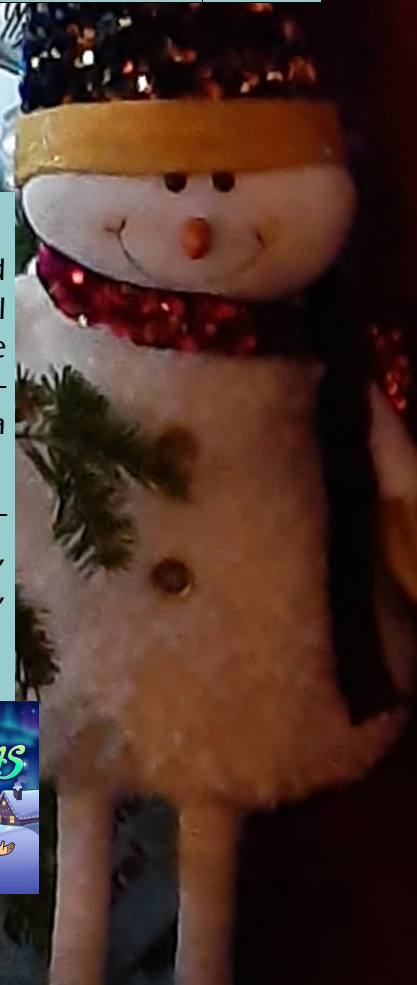
A Word From Tim	2
Contributors Award	3
Charity events in 2021	4
Online Groups Timetable	6
Cooking Together Recipes	8
BoB Services Pages	10/22
Meet Our Trustees	23
Guest Writer: The Danny Walsh Articles: BBV and Harm Reduction	24/27
Suicide Awareness	28
Doggy Tales: Adventures of Norris	29
A Haunting Halloween	30
Online Christmas Party	31
Charity Walk: Reconnect for Christmas	32

### Editorial

The first lockdown was a bit of a novelty, the second highly inconvenient and by the third lockdown we'd had enough. The knock on effect to our mental health has been immense. Trying to get back to some form of normality, we in the recovery sector know all about working on the mind, thoughts, emotions and actions. At BoB you'll find 'tools' to improve mental health, keep a check on wellbeing, build strength and aspirations.

The newsletter is just a small fraction of BoB's media exposure. Keep up-to-date with what's going on at BoB by checking out Instagram, Facebook, LinkedIn and BoB website. You'll discover a world of activities, opportunities, news, articles, photos and more. Stay connected during winter.

Helen Hayden



# OUR SUPER POWER COMES FROM TAKING COMFORT IN OUR OWN IDENTITY BELIEVING IN OURSELVES MOVING OUTWARDS LIKE RIPPLES IN A POND

What do you mean by 'recovery' is always the elephant in the room, isn't it?

Recovery can only be defined by the person who identifies as being in recovery, and that definition must remain a personal choice that is recognised as inherently valid. This moves across the entire spectrum of substance use, from medicalized recovery such as a maintenance prescribing, through recreational substance use, all the way to total abstinence. All are considered recovery by someone, and who are we to argue? If you identify as being in recovery, then as far as we are concerned, you are.

Recovery is about far more than substance use, it is about health and wellbeing; physical, mental, and spiritual. Social connection and non-judgemental support networks are often the first building blocks in recovery. After all, unless you are a monk or a sociopath, it is hard to get anywhere on your own. Humans are tribal creatures. We need somewhere to belong.

We also need a reason to get out of bed in the morning, and that comes with meaningful activity. People often associate this with volunteering or employment, but that is far too narrow a viewpoint. Meaningful activity is having something to be passionate about, to embrace with open arms because it makes you feel alive, to look forward to and building on. It can be anything you choose.

Individual choice is central to the recovery process. What do I want my life to look like? What are my needs and what do I need to do to meet them? Recovery can only be successful if we can each choose our own future, free in the knowledge that our choice is equal to that of everyone else. Comfort in our own identity and our choices is central to the process.

Recovery is about change, in our behaviour, our thinking and our lives. It is about believing in ourselves, and our value as human beings.

Building links with the wider community, often starting with family and friends, and moving outwards like ripples in a pond, is also central to the journey. We begin from a cold and hard place of isolation, and it ends when we embrace the wider world and re-join it as an equal and valued member of society.

Below is a formula that encapsulates the essence of the recovery process. Did you notice it says nothing about substance use? Good. Recovery is about so much more because we are worth so much more. We are not defined by our substance use. We are defined by who we are and what we do, by our determination to live the life we choose. Simple really. Will someone kindly take the elephant for a walk?

$$\frac{\text{Effort}^2}{\text{Support}} + \text{Meaningful Activity} + \left( \frac{\text{Improved Wellbeing}}{\text{Social Connection}} \right) + \left( \frac{\text{Time}}{\text{Individual Choice}} \right) = \text{Recovery}$$

Tim Sampey







## CONTRIBUTORS AWARD



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



Emma Humphrey's Hiding From Noise and Cut Off in Isolation

Brilliant guys I, Justin and a few neighbours I have all had provisions because of you. Grateful indeed. You do a wonderful, amazing service. for myself and ex-partner. We go to the Acorn Hall, Chelsea for both my self and partner. My universal credit was cut to next to nothing and I simply couldn't afford to eat. So a massive thank you to all of you. I'm looking forward to the time doors open again and we can have a bit of a social. Hats off to you good people! My neighbour upstairs has a lung disorder which makes it hard for him to walk so when I pick up any food I leave some for Billy on his doorstep. I hope soon I can volunteer with you and give back. (Food bank) Suzi F.

Big, big thank you to Emma and Suzi, each receive a £15 voucher.

When sending in your contribution please put your name and your contact details, so we can contact you if you win.

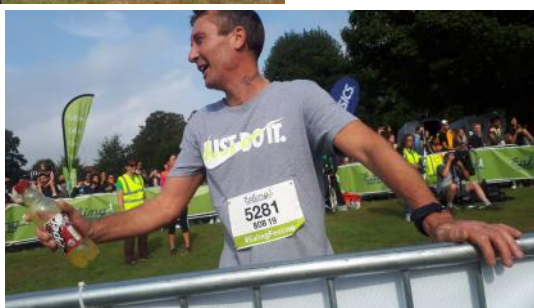
For more information: [helenhayden@buildonbelief.org.uk](mailto:helenhayden@buildonbelief.org.uk) 07278002248



# THAT EALING FEELING WITH BOB19 RUN



Team Spirit  
Dedication, discipline, months of training =  
Congratulations!  
"And the medals go to ..... Guy, Ross, Jasmine and Kev, Run Club Facilitator."



## That Ealing Feeling With BOB19 Run Club

On an ideal running morning (17C and cloudy) in late September 2021 four of us from the BoB 19 run club, along with four thousand or so other runners, got together and checked in before setting off on our individual journeys to the end of 13.1 miles. The crowd were encouraging and a few shouts of 'go on BoB' (due to our bib names) blasting music and a grand finale of drummers on the final furlong made the hours and minutes fly by. For Justyn from Uxbridge and Guy and Ross from Ealing it was their first half marathon. This was made possible through 12 months of training, some of it on the common of Wormwood scrubs where we regularly meet on a Tuesday and Thursday morning.

We all made it to the finishing post and It was a wonderfully memorable occasion. We hope to make it a regular part of the BoB calendar of indoor and outdoor active events, that we are proud to be associated with and are part of our founding principles. If interested in the run club, badminton, park fit, or the gym/swim activities please check the website for further information.

A special mention for Sam Taylor, BoB19 founding member who was injured on the final day of training. In the past, such a life event may have drove us straight to the pub or dealer but after building a strong recovery and learning new coping mechanisms, running being but one of them, Sam has now bounced back and is already looking forward to next year's event.

Above are some happy pics to share the great day at Ealing (its been voted Britain's best event and any profits go to the local community). Everyone from our team finished and apart from me, it was a first time at this distance.

Kevin P McAleer

Build on Belief Cover Manager

07786648039. Hours of work: Thursday 7-11, Saturday and Sunday 8-5



## SPONSORED BIKE RIDE 2021



And they're off!



Ani & Sam



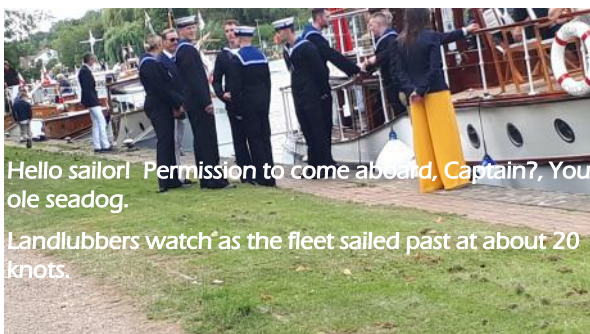
Shhhh! Ahh! Peace at the banks of  
River Thames

The annual sponsored bike ride along the Thames, a vital event to raise funds and a great opportunity to meet the wider



There goes the peace! BoBsters stop for a breather and picnic beside the river at Staines.

BoB community. We cycled from Windsor to Richmond, and of course, the cyclists have a well earned picnic at the halfway point, Staines. On the day there were many, many boats heading towards London. These were The Little Ships of Dunkirk. There were about 850 private boats that sailed from Ramsgate in England to Dunkirk in northern France between 26 May and 4 June 1940 as part of Operation Dynamo, helping to rescue more than 336,000 British, French, and other Allied soldiers who were trapped on the beaches at Dunkirk during the Second World War. It was an impressive sight to see the long line of boats passing by. A special thank you to all involved especially the cyclists raising money for a noble cause. Finally it is always nice to hear from our trustees. Roger sends this message: "Good one everyone and thanks for the pics. I'm regretting I missed the day. But next year, definitely!" All the best Roger Howard Chair Build on Belief. Thanks Roger, well said. See you all next year!



Hello sailor! Permission to come aboard, Captain?, You ole seadog.

Landlubbers watch as the fleet sailed past at about 20 knots.



Part of The Little Ships fleet



# BOB'S ONLINE TIMETABLE

## 7 DAYS A WEEK

If you wish to join any of these groups or activities, please send an e-mail to

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

You can also sign up yourself on our website (link below) to be added to our mailing list, from that point onwards you will receive a daily invite with a link for that day's activities. All you need to do is click on the link for the group.

<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	<a href="#">Tai Chi</a> <a href="#">Quiz</a>	<a href="#">Creative Workshop</a>	<a href="#">Yoga</a> <a href="#">Recovery Support</a>	Reserved for Group Training	<a href="#">Tai Chi</a> <a href="#">Men Only</a>	<a href="#">Saturday Social Club</a>	<a href="#">Cooking Together</a>
1:00 pm	<a href="#">Recovery Support</a>	<a href="#">Pilates</a> <a href="#">BoB Games</a>	<a href="#">Book Club</a>	<a href="#">Mindfulness</a> <a href="#">LGBTQIA+</a>	<a href="#">Recovery Support</a>	<a href="#">Art Together</a>	<a href="#">Mindfulness</a>
3:00 pm	<a href="#">Topic of the Week</a>	<a href="#">Recovery Support</a>	<a href="#">Legs, Bums &amp; Tums</a> <a href="#">Have Your Say</a>	<a href="#">Total Body Fitness</a> <a href="#">Women Only</a>	<a href="#">Facial Massage &amp; Body Scan</a>		<a href="#">Sunday Social Club</a>
6:00 pm	<a href="#">Play Reading</a>	<a href="#">BAME Culture Club</a>	<a href="#">Recovery Chairs</a>	<a href="#">Topic Led Recovery Support</a>	<a href="#">CBT Support</a> <a href="#">Living With Chronic Conditions</a>		<a href="#">Sunday Sounds</a>

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

Latest update: 08/11/21



## Online Support



### Want to access by telephone?

1. Call one of the 4 numbers:

+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 #**.

Please be aware if you dial in to the meetings through your phone, your phone number may be visible to all group members.

### Enter the details that are related to your group:

- Art Together
- BAME Culture Club
- Book Club
- CBT Support
- Cooking Together
- Creative Workshop
- Facial Massage & Bodyscan
- Legs, Bums and Tums
- Recovery Support (Mon + Fri)
- Social Club (Sat + Sun)
- Sunday Sounds
- Tai Chi (Mon + Fri)
- Topic Led Recovery Support (Thu)
- Topic of the Week
- Weight Training

Meeting ID: **654 185 9447**  
 Password: **039588**

- BoB Games
- Have Your Say
- LGBTQIA+
- Living With Chronic Conditions
- Men Only
- Play Reading
- Quiz
- Recovery Support (Tue + Wed)
- Recovery Chairs
- Women Only

Meeting ID: **291 201 2970**  
 Password: **333214**

- Mindfulness (Thu + Sun)  
 Meeting ID: **562 253 793**  
 Password: **097961**
- Pilates  
 Meeting ID: **895 2997 3717**  
 Passcode: **232125**
- Yoga  
 Meeting ID: **131 869 439**  
 Password: **433947**

**SAMARITANS**

Tel: 116 123



Infoline Tel: 0300 123 3393



Financial Crisis Tel: 0808 2082138

To be added to the mailing please sign up at [www.buildonbelief.org.uk](http://www.buildonbelief.org.uk)

Latest update: 08/11/21

Over to you. Your feedback and thoughts are really appreciated and may help shape our service and the online timetable.

'The variety of groups is liked. Acknowledgement that every group is not for every person'.

'Being asked 'what brought you to group?' helped to focus a participants mind rather than 'how am I feeling?' This participant preferred that approach.' Recovery Support Group.

'Thank you so much for the services you are providing which I have found invaluable in helping me.'

'It has been mentioned that peer-to-peer help has been some of the most effective help people have received.'

'BAME Culture Club group had a great discussion, Rob (facilitator) was good, group behaved with respect.'

'Thanks Kay for your wonderful work, I do enjoyed your facial exercise /massage weekly. It's getting better every week, or am I enjoying it better each week. God bless. Thanks again. Keep up your good work .xx Although I work, I am officially in rent poverty , thus I would never be able to afford a weekly massage/facial. Thank you so much for your time and skills, I appreciate it whole-heartedly. J Johnson

'Very powerful and facilitated brilliantly, (he was asked if he felt safe)-without a doubt. Right from the off and all the way through. Plus they did a check in with me after! Got some proper boundaries in that group too. Seemed/felt like everyone felt as safe as I did.' Recovery Chair participant.

'The Client Led Quiz is well liked and people thought it was a right laugh.'

'Just wanted to say how amazing the new group is which is being hosted by Krystina and Helen. It's a breath of fresh air and takes you completely into another place. So many people have attended already and I am praising it as much as I can in all the other groups.' Play Reading Group participant.

'Group was fantastic! It was so much fun, I really enjoyed it. I know for some its just bunch of people reading scripts but for me its like a different world I can get lost in and forget about absolutely everything that's going on.'

'Just wanted to say that the art group today with Nat and Simon was really good. It was well attended with people joining in and just chatting. Well monitored and relaxing.'

'Want to give nice feedback for Linda and Ram, was so calm and they did a epic job thank you, nice attendees also.'

'Thanks as always for a great class. Look forward to Wednesday your a great yoga teacher. Good stretches. Very relaxing too.'

'Just attended the group Friday 4th June at 6pm. This is the second time I have been. Although I am lucky enough not to have to live with many of the conditions that people have shared, it's a great group. It's very special and the facilitators are excellent.' Living with Chronic Conditions Group

'It was my second time participating in group and all I can say it was very positive and beneficial to me and I am sure others will send feedback too. Few points in my opinion of why I'm leaving this feedback. Facilitators: boundaries explained, kept and enforced. Finola and April are doing great job. No judgement not by facilitators nor by participants, which is much needed, this group runs super well with duty of care on a human and empathic level in understanding the struggles we face living with chronic conditions. Facilitators are doing their job to a tee, don't overtake conversations but guide it in the right direction and create smooth running of it, where everyone is included.' Woman Only Group

'Group was super, super !! Finola ran that with amazing structures even when she was disconnected and the co facilitator jumped in, so smooth. A lovely place, the honesty shared because the group felt so so safe, epic win there.' Women's Group.

We can do it!,



Work hard



Create the right path



Help others,



Support one another.





## COOKING TOGETHER SUNDAYS 11AM

If you haven't been into Cooking Together group yet I highly recommend a visit. Follow Dipty the groups talented cook and facilitator who will help you every step of the way, giving instructions and tips step by step. From start to finish you will transform your ingredients in to an amazing and tasty dish. Here is a tasty teaser of delightful dishes to come out of Cooking Group. For more information visit <https://www.buildonbelief.org.uk/Pages/Category/bobs-recipes> or [build\\_on\\_belief instagram](#) posts or visit <https://www.pinterest.co.uk/dipty0883/bob-cooking-together/>



# SINGAPORE FRIED NOODLES

**INGREDIENTS**

200g Rice Vermicelli Noodles  
 4 cloves Garlic  
 1 Carrot, thinly sliced  
 1/2 Onion, thinly sliced  
 1 Red Pepper, thinly sliced  
 3 Red Chilli peppers, dried  
 1 cup Peas  
 Handful Prawns - Optional  
 1 Chicken Fillet or tofu  
 2 Eggs  
 1 tsp Fish sauce  
 1 tsp Soy sauce  
 4 oz Vermicelli rice noodles  
 1 tbsp Curry powder  
 3/4 tsp Salt  
 1/2 tsp Turmeric  
 1 tsp Sesame oil  
 1 tbsp Oil/Peanut Oil  
 1 tsp  
 1 teaspoon sugar or honey  
 1-3 TBS Vegetable Stock

Any other veg you like cut/sliced small.

Ideally you will require a Wok or alternate.





## Singapore fried noodles

The photos below are from some of the participants cooking alongside Dipty who produced these delightful dishes.





## Lasagna

### INGREDIENTS

Olive oil

4 large garlic cloves grated or chopped.  
1 large onion or 2 medium.  
2 carrots peeled & chopped into small cubes.  
2 celery sticks/ optional sliced thinly.  
500gms mince beef or pork.  
2/3 cans of chopped tomatoes.  
2 tbs tomato purée  
2 bay leaves (if you have them)  
Salt & pepper  
1 ok lasagna sheets- normal or egg

### White sauce.

Either a jar of Dolmio white lasagna sauce..which saves time & tastes the same

Or to make your own.

Butter

Flour

Milk.

6 oz Grated mature cheese.

### Utensils

Oblong dish or small roasting tin.  
Large saucepan.

Serve with Salad/Garlic Bread



### Clients comments:

'Cooking together today was like a really nice get together. The facilitator always does an amazing job, so well done her. It's so relaxed even though I am not cooking and the ones that are cooking are running around they are still chilled and having a good time.'

'This was excellent as per usual and Dipty is a lovely Facilitator. She does so well with keeping everyone happy for both people watching and cooking. This is one of the best groups :)'



## Chicken Kiev

### INGREDIENTS

3 Large Chicken Breast  
2 Beaten Eggs  
Half cup Flour  
2 cups Panko Breadcrumbs  
Olive/Canola Oil  
Salt, Pepper to taste

Lemon, Herb Garlic Butter - room temperature  
6 TBS unsalted Butter  
1 Large Clove Garlic minced  
1-2 TSP Lemon Juice  
2 TBS FRESH Parsley  
Salt, Pepper to taste



Courtesy of Rosie

# ACORN HALL

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



Behind the scenes making the magic happen, with the support of the volunteer team at Acorn Hall, one of the volunteers arranged some decorations and goodie bags for the service users to celebrate Halloween. As usual, Acorn Hall never goes over the top with these things! However, we hope to inspire fun memories for all who come along and join in the events at Acorn Hall.

Thank you to our amazing team of volunteers for all your hard work and support.



In Kensington, Chelsea, and Westminster:

Harm Reduction projects will soon be moving into the stage where we will be signing up volunteers

Please get in touch with Danny if you are interested in:

- ◆ Being interviewed regarding negative experiences with scripts and collecting medication
- ◆ Being interviewed regarding positive experiences in Recovery, and the difference they made
- ◆ Joining a regular, informal Peer-Led think-tank (coffee morning)
- ◆ Helping to build and deliver an effective Peer-Led Needle Exchange distribution network
- ◆ Informal Naloxone training
- ◆ Litter-picking – different areas and times

<b>FRIDAY</b>	<b>CBT Online</b>	(*Cognitive Behavioural Therapy)			
	6-7pm				
<b>SATURDAY</b>	<b>Drop-in</b>	<b>Food Bank-2-4pm</b> Currently not running check with service managers	<b>Food &amp; Drink</b> 1-3.30pm	<b>Art Club</b> 1-4pm	<b>Yoga</b> 11-12.30pm
	1-4pm				
<b>SUNDAY</b>	<b>Drop-in</b>	<b>Food Bank-2-4pm</b> Currently not running check with service managers	<b>Food &amp; Drink</b> 1-3.30pm	<b>Art Club</b> 1-4pm	<b>Reflexology</b> 1.30-4pm
	1-4pm				

## SERVICE MANAGERS

Liam Harte

07739 796045

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

Laurence Foy

07505 058250

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





## Badminton Club



**Wednesdays 3pm – 5pm**

**Sundays 12 noon – 2.00pm**

**We are at the Harrow Club,  
187, Freston Road, London W10**

The club is located close to **Latimer Road tube station** and can be accessed by **Shalfleet drive** which is directly across the road from the station entrance, buses 316,295

Beginners especially welcome, equipment provided



For further information contact **Liam**  
on **07739 796045**

**WE'RE LOOKING FORWARD TO SEEING YOU SOON**

### Badminton Club

Every Wednesday 3-5 PM

Every Sunday 12-2PM

At the Harrow club 187 Freston Road W10 6TH (next to Latimer Road tube station)

For further info call Liam on 07739 796045

### Gym and Swim Club

Great news for service users across the tri-borough, (H&F, RBKC and Westminster). BoB are pleased to announce the relaunch of the gym and swim club starting from this October. The club was suspended due to the closure of gyms during the C-19 pandemic but they have now reopened again so our gym and swim club can reopen too.

We know from experience that one of the consequences of addiction is a loss of care for ourselves and in particular our physical and mental health.

Recovery is never just about "giving up", its also about beginning to care for ourselves again. A broadly based recovery involving all aspects of our lives is usually the best one.

So if you are engaged with addiction services in H&F, RBKC or Westminster and would like to get a free gym pass for the next six months allowing unlimited access to the gym, pool or classes get in touch with us

Contact Laurence on 07505 058250 or Liam on 07739 796045

# BARKING & DAGENHAM

44 ST LUKES, DAGENHAM ROAD ESSEX RM10 7UP



We have been planting spring bulbs today at Saint Luke's.

it's an October Sunday afternoon and it's 14° C.

The Barking and Dagenham branch of build on belief are gardening and nurturing the land.

Spring and summer bulbs were donated by our very kind neighbours Julia and Graham, and in the photographs you can see the bulbs themselves which will flower from March to June/July 2022. The magical gardening dream team helped plant over 100 bulbs which will also be surrounded by fox-gloves, forget-me-nots, bluebells, and alliums.

Lots of patience and tolerance and good old -fashioned English weather is all we need now. The pictures show the gardening team maintaining the garden throughout the autumn and replanting for next year in preparation for 2022.



## SATUR-DAY

Drop-in 11-3pm

Core workout 1-1.30pm

Garden Club 11-3pm

## SUNDAY

Drop-in 11-3pm

Tai Chi 1.30-2.30pm

Garden Club 11-3pm

## How to find us

St Luke's is a fifteen minutes walk from Dagenham East underground station, and can be reached by taking bus service 103.

### SERVICE MANAGERS

David Hibbert

0777228983

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

Barry Forest

07872002247

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



## TEAM BUILDING



It is great to see so many of our local clients using their BoB weekend service. Too many of us struggle to get out and socialise these days post covid. Once you make your first visit it may help you decide to visit us again and build on your social skills and interactions. We all know it stimulates the mind for all the right reasons. So come on, pop along and see what's on offer. You won't be disappointed. At least once a month we hold a pool game competition pool where the winner can win a voucher. More details contact David and Barry.



Remember being shown yet another holiday snap from someone who had recently returned from their hols and would insist on laboriously filling you in about each individual photo?

Only recently I unexpectedly found myself escaping into exactly those kinda photos. I gazed upon them. Now-a-

days my eyes drink in each scene in the photographs. Happy faces with beautiful smiles, eyes sparkling, all dressed up for summer. Clear blue sea, cloud shapes shifting their way across the summer sky. You can imagine the sound of the waves gently crashing to shore, then returning to vast oceans and seas which cover our unique, blue planet.

Staff Team Building Day.

Hi CGL Super team. I want to say a very special thank you for a wonderful day and thank all the staff as well for organising the games and the coach and the lovely destination it was a real treat so thank you, thank you, thank you.

Great day out at Southend for a teambuilding partnership working day where our natural competitive natures were brought to the forefront by great teams provided by CGL and BoB. A beautiful day to connect with some fantastic staff members and great teamwork throughout the day

Warmest Regards David Hibbert Barking & Dagenham Service Manager Lead



# EALING

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

## Welcome to Ealing.

Our staff and volunteers would like to welcome you on Saturdays and Sundays. Saturday 10.00am to 4.00pm and Sunday 10.00am to 3.00pm. Our staff take every precaution to keep the space COVID free. We no longer have timed sessions, introduced during COVID, so come along any time and stay as long as you want to. There is plenty to do during your time with us such as games, puzzles and creative crafts. You can also have a toasted sandwich on Saturdays and an 'All Day Breakfast' on Sundays. If you just fancy a bit of peace and quiet, then that's available too.

Our foodbank continues to operate on Saturdays from about 11.30am when you can turn up and be given a bag of goodies donated to us by City Harvest and Felix Project. We are usually able to fill bags with meat, veg and fruit and ready meals. All we need is your name and post code. No vouchers needed.

Newcomers are always welcome to join us at BoB. Once you have completed a Service Form with a few details then you are one of us. After that we will only need your name and post code to come in any other time. We continue to take temperatures, issue masks, and ask you to sanitize your hands to stay as safe as possible. So, if you haven't yet paid us a visit then please feel free to pop in and meet us all.

As well as pool and table tennis, if you fancy a game or two, we have now added table football to our games room. Join the league ladder and see how long it takes to reach the top.

DDA (Dual Diagnosis Anonymous) hold meetings at our service on Saturdays at 2.30pm usually for an hour. You do not have to be a BoB member to join, just turn up and we will direct you to where the meeting is held. Alan Butler runs the group and will always make you welcome.

Our aim is to open a couple of days during the week fairly soon, so there will be extra opportunities to visit us. Hope to see you soon.



Wonderful to see culinary magician Gary (left) back in his rightful place, since we reopened. Conjuring up an all day breakfast alongside Volunteer Shaun (right), as they prepare to welcome Ealing's clients.

The volunteers provide an excellent service for clients which goes a long way in making this a friendly, welcoming place. There are plenty of things to get involved with and no pressure, grab a cuppa, relax and enjoy.



## SERVICE MANAGERS

Linda Rose  
Rob Demacque

07872 002246  
07948626633

[lindarose@buildonbelief.org.uk](mailto:lindarose@buildonbelief.org.uk)  
[robdemacque@buildonbelief.org.uk](mailto:robdemacque@buildonbelief.org.uk)



# MMMM CAKE!

Happy Birthday to volunteer Frankie. Cake courtesy of "cake lady Susan".

And she's at it again, cake lady Susan, this time for Ealing volunteer Lisa. Happy Birthday Lisa



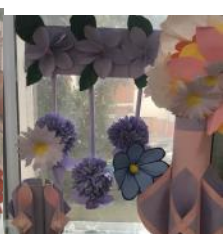
Ealing makes a strong comeback after lockdown.



Artist get inspired as they create some lovely pieces of work while sitting by the roaring fireside



Below: All flowers and animals are made from paper no watering required, or feeding. Linda hosts the online Creative Workshop on Tuesdays 11am. Visit [buildonbelief.org.uk](http://buildonbelief.org.uk) for more information.



Volunteers and staff check-out after work, reflect on the day and support each other by discussing and resolving any issues which arose and giving positive feedback.





# HILLINGDON

64 HIGH STREET UXBRIDGE UB8 1JP



Hillingdon has seen our attendance numbers increase significantly over recent months. We are now open on Thursday's and Fridays and the return of our Friday X-Box group was very welcomed and is by far our most popular group.

Our garden is maintained by our wonderful gardening team and they keep the garden looking amazing, everywhere you look there are pots bursting with colour and beautiful scents.



The Hillingdon volunteer team have worked so hard this year and throughout they have adapted to the challenges facing them.

As long as it's not pouring down you will find us in the garden most days. It's an ideal place to celebrate events, anniversaries including the two birth-

days we had in June.



## self-care check-in

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF.

- ☐ EAT THREE MAIN MEALS
- ☐ FIND A QUIET SPOT TO MEDITATE
- ☐ LIGHT AN AROMATIC CANDLE
- ☐ DO A GRATITUDE LIST
- ☐ PRACTICE DEEP BREATHING
- ☐ LISTEN TO GOOD MUSIC
- ☐ EXERCISE
- ☐ CATCH UP WITH A FRIEND
- ☐ VISIT A FAMILY MEMBER
- ☐ SPEND TIME OUTDOORS
- ☐ READ A BOOK
- ☐ CUDDLE A PET
- ☐ TRY SOMETHING NEW

#TIMEFORYOURSELF



Hillingdon have their own Facebook page 'CADS'. 'For those that are or even those who aren't on the Bob page. Please join it as well ☐'. Adminstrated by James Vallely, who asks a very good question:

### What have you replaced your primary addiction with now that you're in recovery?

Food and shopping. Both better (for me) than class A and alcohol. I'll work on those in due course.

Cake & housework ☐

Dedicating my time to be the best parent I can possibly be!! Take time to listen and be there for them as much as I can. Making up for lost time during my addiction! and all the times I messed up, just making the best memories we can. Xx

## SERVICE MANAGERS

Lisa Durand 07522 128844 [lisadurand@buildonbelief.org.uk](mailto:lisadurand@buildonbelief.org.uk)  
 Finola Sullivan 07739 796048 [finolasullivan@buildonbelief.org.uk](mailto:finolasullivan@buildonbelief.org.uk)

or [Lisa.Durand@nhs.net](mailto:Lisa.Durand@nhs.net)  
 or [Finola.Sullivan@nhs.net](mailto:Finola.Sullivan@nhs.net)



# SHAVE THE BRAVE!



Some of you may already know that one Sunday I **Braved the Shave** and was shorn for a very good cause - Macmillan. Cancer has taken too many of my loved ones, most recently my very good friend Sharon. I saw cancer do its best to defeat my friend but she never lost her humour or kindness. When her hair fell out she rocked some funky hats and fabulous wigs, when it grew



back she dyed it pink

and was very proud of her 'chemo curls' !! Years earlier Sharon had beaten another demon and she was in recovery and this is where we met. She was a fierce advocate for peer support and worked



hard as a volunteer helping others. She stayed involved with her recovery pals and with us she leaves a legacy we will never forget. So, for my beautiful friend in heaven and my other loved ones taken by cancer I'm shaving off my mop of ginger craziness. Please help me to reach my target and support a fantastic charity. Update: So, today was the day and it was wonderful. I was really

looking forward to the shave and my friends and colleagues helped plan and prepare for the event. My lovely hairdresser Kelly came to do the shave and did a fantastic job and another friend glammed me up after with a mega makeover with killer eyelashes!!! The day was a celebration to honour those we have loved and lost, mainly our friend Sharon. We planted some beautiful rose bushes so we can always have a reminder of them and this day. Thank you to everyone who has supported this shave and sponsored me. Words of support from Michelle 22/06/2021. Thanks Finola Macmillan really helped our mum in her short diagnosis of terminal cancer . They gave her piece whilst we all fell apart . So lovely your being brave Finola x'

And, BoB Hillingdon are incredibly proud of Jasmine Campbell who completed her first half marathon last month. (see page 12). Jasmine is aiming for a full marathon next year.. Congratulation Jasmine!

**Ealing**  
HALF MARATHON 2021

SEPTEMBER 26TH 2021

Jasmine Campbell



FINISH

03:20:14





# HARROW

44 BESSBOROUGH ROAD HARROW HA1 3DJ

In August we gave a warm welcomed Simon Bellard-Bull, as he takes over from Sam Taylor to become our new Service Manger. Simon comes to us from BoB in Barking and Dagenham where he volunteered. Some of you may recognise Simon from our online support groups. He will continue facilitatng groups during the week and support Harrow at the weekend.



The end of July saw us bid a fond farewell to Service Manager Sam Taylor. Sam



starts on a new path

with a career move into Prison Liaison Outreach on behalf of CGL Ealing. .

Big thank you to the Harrow volunteer team and clients who made sure Sam got a good send off. What a great atmosphere, and the food was specially made for the occasion. Great atmosphere and thoroughly memorable day.



The Art Board was looking a bit worn and untidy. We have cleared it and will be creating new pieces of art over the next few weeks. If you are from the Harrow service next time you visit why not have a go? The weekend before Christmas we will choose the best work of art. Two winners will receive a £5 Tesco voucher each. Volunteers and clients can enter. Entries must be in by 18th December.

## SERVICE MANAGERS

Helen Hayden 07872002248  
Simon Bellord-Bull 07511 403465

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

[simonbellord-bull@buildonbelief.org.uk](mailto:simonbellord-bull@buildonbelief.org.uk)





## WHAT ELSE HAVE WE BEEN UP TO?



**Gardening group** have added more meet up dates for all you aspiring gardeners out there. You can come along as a one off or as a regular participant. We can always use extra hands as the group has not been well attended recently, so if you fancy trying out this group we welcome your support and provide refreshments. It is a worthwhile project helping to maintain your local park. As always there is an open invitation to join this elite project. The group meet every first Monday of each month and we are very pleased to announce a new meet up date every third Friday 2:15pm finishing at 4pm or thereafter. Working alongside Harrow Recreation Ground Users Association has its benefits. The Guitar Workshop were invited to play at a couple of HRGUA events in the park. The Banned reformed and performed entertaining the crowd. BoB staff, volunteers and clients went along to offer The Banned moral support, What a successful day! Everyone who came said they would defiantly like to come and support them next time they play.

**Guitar workshop** on 16th July 2021 helped Derek celebrate his 72nd birthday. We celebrated with Derek's favourite nibbles of bagels, cream cheese with chives and smoked salmon.

Volunteer Kat made sure Derek got a Birthday cake and served it with strawberries. The chocolate cake was vegan, tasted delicious and would not have known it was vegan if I hadn't seen the box it came in.

It was a beautiful, hot summers day, we were in the middle of Harrow park listening to acoustic guitars making beautiful music. This is what recovery looks like in Harrow.



And finally, a massive, heartfelt

thank you to Michelle and the Fernandes family who kindly donated to BoB and WDP, including fabulous art equipment and art books which will come in handy for our art competition. Below: Taking timeout in the local London park to have a peaceful moment on the bench they donated in remembrance of their late father Richard.





# NEWHAM

3 BECKTON ROAD CANNING TOWN E16 4DT

Looks can be deceiving. When visiting Newham, like the Tardis, from the outside one might presume it to be a small venue. However, this is not so. There is plenty room and we are making good use of the space by offering a range of activities. We recently added table tennis to our activities timetable. So pop along for a relaxing way to while away the hours making fun memories in great company. We have added a new opening time to the weekend service to include Friday evenings 6.00 pm until 8.00 pm. See you soon. Space is maximised and put to good use. Newham's recent addition is the new table tennis.



## SERVICE MANAGERS

Linda Chan	07872 002251	<a href="mailto:lindachan@buildonbelief.org.uk">lindachan@buildonbelief.org.uk</a>
Eugene Ebrill	07872002245	<a href="mailto:eugeneebrill@buildonbelief.org.uk">eugeneebrill@buildonbelief.org.uk</a>
Raman Nijhawan		<a href="mailto:ramannijhawan@buildonbelief.org.uk">ramannijhawan@buildonbelief.org.uk</a>



## GROUPS PROVIDED AT NEWHAM

1. Pool table from 10am to 3.30 pm Sat/Sun.
2. Art group facilitated Saturday 10am to 4.00 pm, FreeStyle on sun 10 to 3.30 pm. Come and enjoy a day of art with our trained facilitator. We provide all the material, including clothes dyeing equipment, full size graffiti wall, oils, acrylics, water colours and chalks. We also do crafts and jewellery making. Or maybe just come and have your portrait drawn
3. Tech support sat/sun 10 to 11.30. Come and use our free Wi-Fi throughout the building or learn how to set up a email account, gmail or whatever you need. Maybe you just want to load some music or films onto your equipment.
4. Table tennis, Sat/Sun on request.
5. Indoor bowls Sat/Sun 10 to 3.30 pm.
6. Guitars and piano session accompanied by singing and dancing. You can either just listen or pick up a instrument and jam along. We provide the instruments the music and the words. You can also be accompanied by Alexa and our singing group.
7. Gardening all day, come and visit our little oasis we have our own vegetables and fruit growing and provide all PPE and equipment to maintain the garden.
8. Quiz group all through the day.
9. BoB games all day. Come and play family fortunes or play your cards right and win a prize.
10. Wall graffiti, chalk or spray all day. We have a full-size blackwall. We focus on a subject every month and ask people to add whatever they want on this big wall.
11. Beat the BoB champion for a prize. Choose any event from pool, table tennis, bar football or bowls. The hub will pick the champion depending on who is in that day and if you beat that person you will get a prize. Alternatively just come along and play for fun.
12. CV workshop all day. Do you need your CV completed? Come along and we will work with you to ensure it gives you the maximum benefit.
13. Pathways to education Sat & Sun 10 to 11 am. Have you ever felt you want to go back into education but have left it too late? We will show you the pathways to overcome any barrier to any education you wish to achieve.
14. Chess, 2 to 3pm.
15. Gourmet sandwich bar! We have the widest range of flavours created in-house from mint radish sauce to street food sauce and many more.



# NORTHWICK PARK



The Mental health Unit at Northwick Park hospital-Harrow

Karen and Mark are the Mental Health Support Workers and they work on 2 wards, Eastlake and Ferneley. There will be a new drop in service opening on Dec 1st in Stonegrove Community Centre-Edgware. This new project will mainly be for the service users being discharged from hospital or already at home and still using the stepdown services. We aim to have in place an arts table, games, books, puzzle table and social table for catching up and having a chat. There will be snacks, toasties, cake, teas and coffees served. We have our Volunteers already to join us.



Build On Belief  
Registered Charity 107016

**Welcome to our AA meeting**

**Every Friday 4pm-5pm**

**Everyone is welcome!**

**The only requirement for a membership is the desire to stop drinking.**

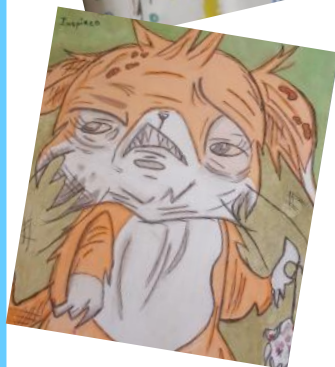
**If you have any questions, please contact Karen at**

**07925 138 102**

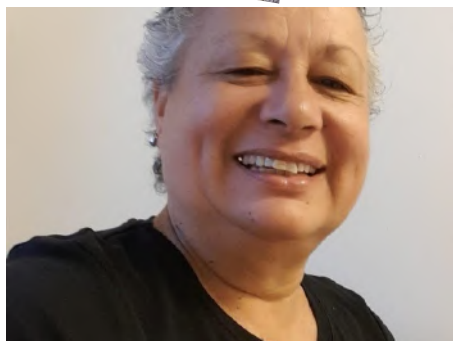
**There is a no smoking policy in the hospital- NO VAPES. Thank You**



Rock bottom will teach you lessons that mountain tops never will



Part of our Art table will be sharing pictures of the Great arts in our London Galleries and incorporating some research on the Artist, eventually arranging a group visit to see the actual originals.



It can be tough heading out alone after Covid and being in hospital. We want to provide a safe haven and enjoy our well being together in order to integrate and gain confidence whilst enjoying the beautiful culture our community has to offer.

Thank You, Karen and Mark



## SERVICE MANAGERS

Mark O'Connor

Karen Ricketts

07511 404552

07925 138102

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

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



## MEET SOME OF OUR TRUSTEES

Meet our amazing trustees, who look after the charity, ensure our good governance and good practice, and steer us through the shoals and reefs of running a peer-led charity in the tempestuous world of addiction and recovery.

Build on Belief is lucky to have a truly excellent Board of Trustees with many years experience working in the field of substance use and addiction in a wide variety of roles and organisations, as well as trustees with expertise in business and human resources. Check out our website to find out more. Currently, we have ten trustees.



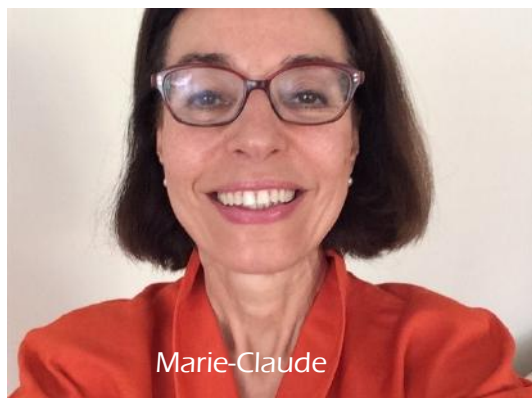
Roger

Roger Howard has been the Chair of the Board of Trustees for Build on Belief since 2012. He was previously the Chief Executive of the UK Drug Policy Commission, from its inception in early 2007 until it completed its work at the end of 2012. He is acting as a consultant to the UKDPC to help promote its findings.

Annette Dale-Perera Trustee, has worked in addiction for over 30 years and is Director of a management consultancy company specialising in substance use disorder policy and treatment. Annette is a government advisor (Advisory Council on the Misuse of Drugs (ACMD) and chair of the ACMD Recovery Committee). She is a Trustee of 2 charities: Build on Belief (BoB) and AdFam.



Annette



Marie-Claude

Marie-Claude is a Human Resources (HR) professional with more than 25 years of experience in private and public companies, offering broad experience and in depth expertise of governance, practices and regulations in all aspects of the HR remit. She has two passions: People and Learning and believes that with the right care, support and belief, people can take better decisions and at times, make radical changes in their life.

Dr Jane Pettifer A GP in W11, London for 42 years. I was the lead GP for Shared Care services in Hammersmith and Fulham, Westminster and Kensington and Chelsea. However, I was aware of the great need for support outside the scope of services offered in General Practice. I hope by being a part of Build on Belief I can contribute to the wider need.



Jane



Chris

Chris Wait Secretary to the Board of Trustees After many years in senior financial roles in the UK and Europe, Chris is now in recovery (from alcohol and city life!). "After hearing Tim speak at a recovery event many years ago, I was inspired to set up a mutual aid group in Ealing as nothing existed at that time" and subsequently became one of the initial Trustees of Build on Belief.

Meet the rest of the trustee team in part two, in the next issue of the BoB newsletter.

# TO BBV, OR NOT TO BBV, THAT IS IN THE TESTING.

Bloodborne viruses are on the rise in the UK, according to doctors and nurses at work. Dry Blood Spot Tests are being offered, and are vital, and there is help available treatment-wise.

So why are people avoiding the truth when it comes to diagnosing - and tackling - dangerous illnesses?

I'd suggest some level of basic fear. Ignorance is bliss, after all. I've watched many a horror through gaps in my fingers, and shouted at the TV for the naive main character NOT to wander into the dark forest / basement / cave. I'm a self-proclaimed scaredy-cat, and proud. I'm not sure I'd want to know if it was me, and that could be a problem as a Harm Reduction Worker. Should I urge people to conquer their fears if I am not able to myself? Well, yes, but it would be extremely hypocritical of me, wouldn't it?

I should look at myself first, and work on the part that is afraid of this simple-but-effective tool in our arsenal. I should have one done myself, and go through the same process of momentary pain and anxiety-filled waiting for results. I should be able to look a client in the eye and tell them - truthfully - that I know how they feel. From honest experience, I'd be able to offer assurances that it's not as bad as it seems in our imaginations.

We know that the hepatitis B virus (or HBV), for example, can lead to horrible complications such as cirrhosis and cancer of the liver, and the same goes for Hepatitis C. Along with better testing numbers and vaccinations, we need better education around the viruses themselves. Ways to avoid catching it in the first place is a great start, but treatment options, ways to stay aware and safe, and coping therapies for those affected are necessary, too.

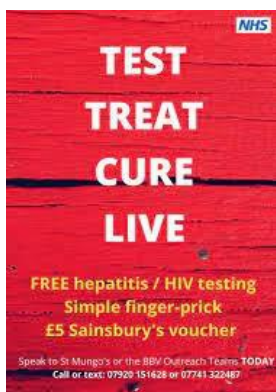
There is a lot of work to do, and to undo, considering most adults have grown up with the consistent messaging of drugs are bad (which they mostly are) but so are the addicts (sometimes true, but not as a rule) and they should Just Say No™ (hasn't worked for 50+ years, let's finally try a new approach). Abstinence is a tool of Harm Reduction, because the easiest way to keep safe from the effects of substances is by not doing them. Some people's need to cope is greater than their willpower, however, and it is for those people that we must collectively take up this crusade against Harm itself, and not its many victims.

Give an addict clean works and you make them and society better and safer. Give them a moment of your time and you make them feel valued. Give them a safe place free from stigma, with a cuppa, and a toastie, and you make them feel human. Give them a reason to live and you make them feel alive.

The main takeaway point here is that both testing, and treatment are available, and so we should be pushing clients to do both whenever possible, but with a level of understanding

and compassion that is expected in this line of work. Every individual we come across has their own unique story, and we shouldn't forget that. In fact, remembering that little nugget of truth may help us all to do our jobs more effectively.

Danny



Arm yourself with knowledge and protection against Hep C, HIV & STI's

Check out your primary service or health care provider they may offer free testing and some offer an incentive. At WDP you get 50 capital card points when you have your BBV test.



# A HARM REDUCTION WORKER'S TAKE ON, WELL, HARM REDUCTION

## A War on Harm to replace the War on Drugs.

### **What do you even mean by Harm Reduction?**

Think of Harm Reduction as a sliding scale, because it actually spans all of your life if you take the time to think about it.

Airbags and seatbelts are working towards reducing harm in society, as are nicotine patches and antidepressants. Putting the heating on in the bleakness of January is even Harm Reduction, as is crossing at the zebra crossing and waiting for the Green Man.

However, in this sense I refer to the concept of Harm Reduction associated to substance use disorders. It contains the aim to reduce behaviours that raise the risk of negative outcomes regarding health. For example, needle exchanges offer clean, safe equipment as well as a place to dispose of used needles. Users are also educated on safer practices that aim to reduce the risk of infection, long-term injury, and overdose.

In my own role, I've started to see Harm Reduction splitting into at least four areas, and they cross-over a fair bit. These are:

**Health and Well-Being**  
**Safer Using Practices**  
**Education and Engagement**  
**Social Steps**

**Health and Well-Being:** Awareness of and Referrals to clubs / groups that promote better lifestyles, such as Gym & Swim, Better Eating, etc.

**Safer Using Practices:** New Service Users (and more) can take classes or information packs that promote safer using methods, to avoid infections, etc.

**Education and Engagement:** The rest of society need to know the signs of use and symptoms of overdose, but also how to engage with Service Users. Outreach work to promote protecting privacy and dignity in SU's.

**Social Steps:** Often, multiple bridges can end up crispy and ashy after years of using and the life that comes with it. Let's help SU's to build new ones, at places like Badminton Club, Annual Bike Rides, Book Club, and more.

Oh, so is it just encouraging people to use drugs then?

No.

There are people out there who are going to use no matter how many keywork sessions they have, or how many times they see posters sponsored by shame. In order, then, to prevent avoidable deaths and illnesses, it only makes sense to help people to learn the ways in which they can keep themselves safe and – ultimately - alive.

By doing this, we actually maximise the amount of time in which somebody can get to the point where they actually choose to engage with Services in a positive and productive way. If you can help somebody get healthy after a long period of being unwell because of their use, we'd say there is a good chance that they could grow to trust you enough to help them to try and take further steps in their Recovery.

Does it work, though?

Yes.

We could leave it there, but we won't.

Harm Reduction saves lives. It's a pro-active and pragmatic perspective, and the entire ethos is to try and negate and / or reduce the damage done by substances and certain bad habits that those with substance use disorders may have. Many places that have had a needle exchange program put in place have seen lower numbers in cases of bloodborne viruses, not to mention the decrease in numbers of deaths by overdose where maintenance clinics have been set up for opioid users. This is in comparison to areas that do not have these services set up.

Fine, tell us more.

We can't even think of any reasons not to like the idea of tackling addictions and their effects on society through the scope of Harm Reduction.

## HARM REDUCTION CONTINUES

Even choosing abstinence fits under HR, really. IF that's what you need to do to keep yourself happy, safe, and healthy then so be it. We're all different. What's good for the goose is not necessarily good for the turkey, or the duck, or the pigeon. We may not be able to name any more birds than that, but we can go on and on about Harm Reduction and its benefits for society as a whole.

For some Service Users, the idea that they could continue to use but still get healthy and free of infection may once have seemed impossible. They used to not feel sick, but because of their bad using habits, they got sick anyway. We can help them to deal with that, or – hopefully – avoid it completely in the first place. On top of this, and the thought that has gone into the equipment offered at a needle exchange program, is the removal of stigma and other-ism that can be associated with those who use. There is no judgement, only clean works and safe foils, for a lower cost than treating an overdose. This safe atmosphere can encourage people to take other steps towards a fuller Recovery, because any preconceptions of how the Services operate will be abolished, hopefully.

People see results. That's the point. After engaging with Services and adopting Harm Reduction techniques (including methadone scripts and similar methods used to aid with withdrawals) some service users have gone on to build their own businesses, or pursue creative careers that they once dreamed of long before the fog of addiction took over. For these people, it started with Harm Reduction, because you only truly engage with a Service if you really do want to try and stop the pain of addiction, or just reduce it in some way. Not everybody comes into the Services and engages, but the future looks bright on that front. Harm Reduction outreach roles are beginning to pop up, and the people looking over and managing these new workers have a clear-but-flexible vision for them, and the projects they will be working on in the communities.

### What are the ultimate goals of Harm Reduction work?

To keep people alive, and to help to improve health in users, as well as the surrounding environments.

Give an addict a lecture, you'll see them for a day. Give them a safe space, clean equipment, Naloxone and tips on how / when to use it, a cup of tea, a sleeping bag, and a bit of advice on how to avoid unhealthy, dangerous routines, you'll see them again and again.

Perhaps not literally, but the sentiment is strong nonetheless, and that's not us just fishing around for things to say. Realistically, not everybody can reach or maintain abstinence, especially when at certain points in their life. In 2015, somebody may just have wanted clean syringes and foils, whereas in 2021 they may only just be considering detox, or rehab. That may never happen for some people, and, again, that is okay. Some people carry heavy pain and trauma within them, and using is their only escape from that. For these people, we can at the very least offer them their dignity back, as well as their health (to some extent) and a huge helping of hope.

Obviously, the choice remains with every person. Individual choice is always at the heart of Recovery, and every Key Worker, Peer Support Worker, Clinician, etc in the Services simply help them to maintain it as much as is within their capabilities.

### In Summary?

Harm Reduction aims to use a variety of differing strategies to tackle the negative health impacts associated with:

- Bloodborne viruses (BBVs)
- Injecting substances and unsafe practices / habits
- Access to clean equipment
- Sex work
- Mental Health problems
- Overdose
- Isolation
- Lack of awareness of safe practices
- Sexually Transmitted Infections / Diseases
- Medication
- Supervision
- Social assistance
- Health care

### PRINCIPLES OF HARM REDUCTION





## Are all drugs legal now?

No, not at all. Most substances are still illicit, and if something is being sold in an alleyway or behind a bin, then I'd hazard a guess and say that it's probably not legal to buy it. Always check the status of a substance where possible, because even if trials are being done on a substance, for example, it doesn't necessarily mean that the substance has been cleared for public use. That is the point of the trial, and it may be extremely dangerous to experiment alone at home.

However, government-sanctioned Harm Reduction programs - such as supervised injecting facilities - in other countries like Switzerland and the Netherlands have, in fact, helped to reduce the legal consequences of street using. The use is not happening on the street, because it is being done in a legal facility, all under the care of professional healthcare workers.

## Critics are loud.

Some of my comedian friends have had terrible reviews, but I've always assumed the reviewer couldn't do stand up themselves. The same likely goes for Harm Reduction. Those having a go at it are likely not close enough to the hard work and care that goes into providing it, and probably aren't even sure what they're actually shouting about. Warnings on Silica Gel, MRI Scans, and fire doors surely don't annoy these people. If you ask me (and nobody has) ignorance isn't bliss when it comes to the lives of extremely vulnerable-yet-potentially destructive people. Ignorance is violence when what you're ignoring is suffering and self-harm.

We've tried the absolute War on Drugs, and it hasn't seemed to work very well. Why don't we now attempt a War on Harm instead? It does seem more promising that a war like that wouldn't actually be aimed at any people, only the harm that they put themselves through.

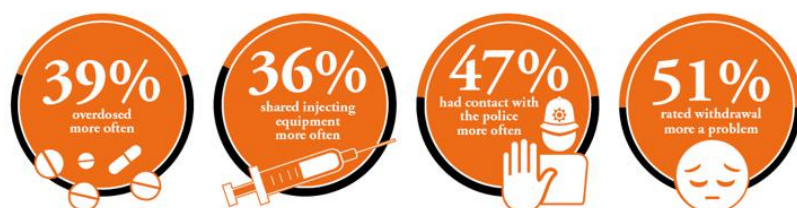
Seems slightly more human of us to do that instead, don't you think?

By Danny Walsh

Build on Belief's Peer-Led Harm Reduction Worker



## Change in individual and social harms compared to 'before the pandemic'



## SUICIDE AWARENESS #BEKIND

Before Covid - 19 took over our lives early 2020 #BeKind was 'trending' following the suicide of television personality Caroline Flack in February of the same year. Somehow a celebrity suicide made us consider the importance of kindness and making sure we and those we loved really were OK. #BeKind was originally set up by a parent as a tool for schools following her sons' suicide. The hashtag gained momentum after Caroline Flack wrote on her twitter account before her death 'in a world where you can be anything, be kind'

But It wasn't long before #BeKind was lost amidst the bigger news of Covid-19 and we were all preoccupied with a rapidly changing world and daily doses of fear and uncertainty. The country went into lockdown, hospitals were filling up and Covid-19 was all over the news.

Over the Spring and Summer, it wasn't too bad as the weather was good and we took our daily exercise and made the most of our local green spaces.

Fast forward to December; colder weather and shorter days and its harder to be optimistic about social distancing and not seeing our friends and family. Winter time usually sees an increase in low mood, depression and feelings of sadness, Seasonally Affected Disorder (SAD) affects many.

The pandemic has also affected mental health providers and the provision of social support services increasing people's loneliness and social isolation.

This year however it is expected the number of people experiencing depression and low mood will increase dramatically. The Samaritan's report one in every four callers have expressed suicidal thoughts or behaviours. Common themes include anxiety, isolation, hopelessness and loss of income, routine and social contact.

If you are worried about someone you may wonder if it is a good idea to say anything, what if you are wrong? Talking to someone about suicide can be extremely difficult but opening up the conversation gives them the chance to talk about their feelings and can be a relief for them.

First, we need to understand suicide. It is often a desperate act taken by someone who feels they have no other choice and it is the only way to escape the way they are feeling. Despite the desire to end their own life most suicidal people are deeply conflicted but just cannot see an alternative to ending their lives.

So, what do we do if we are worried about a friend or loved one? How do we recognise the signs and offer the right kind of help and support?

- Feelings of hopelessness – 'what's the point of living'?
- Thinking everyone would be better off without them
- Feeling disconnected, physically numb
- Engaging in self-destructive behaviours
- Increased isolating behaviours

Some people find it hard to talk about their feelings, especially if they are emotionally distressed. They may be reluctant to share their worries with you, at least until they feel they can trust you. To gain their trust start by acknowledging that they are in distress. In other words, don't let it go unnoticed but demonstrate to them that you can see and hear that they are distressed.

Being aware of our body language and how we communicate is important as are the questions we ask and how we ask them. Open-ended questions ensure a fuller answer than a 'yes or no' and prolong the conversation.

Once we have had the conversation it is really important to encourage the person to seek professional support from their GP or mental health provider. They will be able to put things in place such as talking therapies, medication and to make a support plan.

Finola Sullivan Service Manager Hillingdon

'A brave and impressive documentary on suicide awareness came from Roman Kemp: **Our Silent Emergency**. It is a very personal film following Roman on his journey as he explores mental health and the suicide crisis affecting young people in the UK. In August 2020, Roman's life changed dramatically with the sudden and unexpected death of his best friend, radio producer Joe Lyons. 28-year-old Roman said he hoped it would "show there are ways to reach those who are suffering and need our help". In the hour-long programme, he travelled around the UK to talk to young people who have lost friends to suicide or have attempted suicide themselves.' (BBC 1 and iPlayer).

What I took from the programme, like many people, was the ask twice rule. It goes something like this: "How are you?" "Yes I'm fine". "How are you really feeling?" This simple 'ask twice rule' lets them know you care and you are there to listen should they want to talk.

Helen H



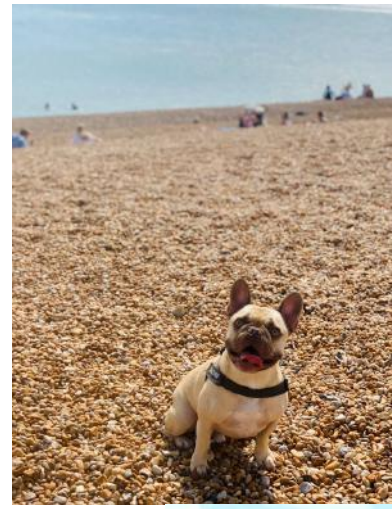
# 'I KNOW WHAT YOU DID LAST SUMMER, NORRIS!!'

Early one Summer's morning Norris was woken by the footfalls of his owners, Sam and Louise. Which was curious, Norris was often the first of the household to be up. This particular morning felt fresher than other mornings, the household awoke a little earlier than usual. Norris had breakfast and his usual early morning walk with Sam. Returning home Norris climbed into Sam's car, something he did most mornings to drop Lou at work. However, after what seemed like forever looking out the car window Norris wondered if the journey would ever end. His thoughts drifted to 'Where on Earth could we be going? Better not be that vet again. I wonder how much longer. Are we there yet?' Mulling these things over in his head Norris fell in to a deep sleep.



Sometime later, Norris became aware of the gentle hum from the car's engine, and an unusual smell wafted up his nostrils. Becoming fully awake Norris was unfamiliar with his surroundings. Sam parked the car, turned the engine off. Sam and Lou

got out the car and Norris followed. Norris felt a noticeable change in the air, a fresher breeze, it smelt different and what was that noise? Norris eventually found out the noise came from the crashing of waves on the sea-shore. As Norris took in his surrounding he noticed there was a lot more sky than usual and under the beautiful sky was what must have been all the water in the world.



Norris had never seen so much water all in one place. 'Where are we?' Norris wondered and as if they knew what he was thinking, Sam and Lou said "Norris this is Folkstone. Come on boy, we're going on the beach. Isn't it lovely?" "Yes." thought Norris looking at Sam and Lou with his cheeky smile, he felt happy, an extra happy. "Come on boy" Lou said as she and Sam started towards the big mass of water and Sam said "You coming for a paddle in the sea?" "You must be joking" Norris thought, "look at the size of it".

Norris, Sam and Lou wondered along the beach. Norris could not believe his eyes, "look at all these stones" he thought as Sam and Lou started to throw stones as far as they could in to the sea, it turned in to a competition between them to see who could throw the furthest and who could do the most 'skimmers'. It was most amusing and Norris ran around encouraging the game, he didn't mind who won because who ever won would give him extra happy cuddles.



After a long day walking along the beach and all the fresh air Norris was ready to return home to West London.

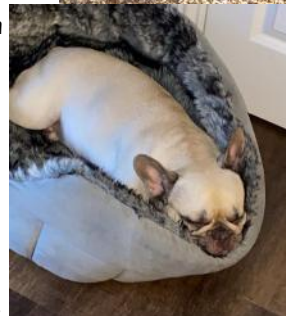
With love from Norris.

WANTED: Aspiring writer of fiction.

Looking for a story teller who can take on the challenge of creating exciting adventures for Norris.

Contact Helen 07872002248

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





# HALLOWEEN 2021



Newham. We all had a great time at Halloween, getting involved by dressing up and with the help of our old Art Facilitator Maria most of us had our face painted.

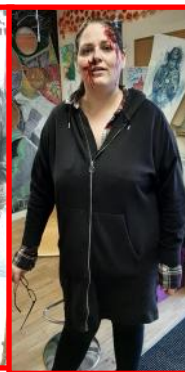


A couple of the regulars looked just the same to me LOL!!!

Ram and I dressed up along with some of the clients.

We held a competition for the best Halloween costume, which was won by 2 of our volunteers: Jackie Loryman was second just pipped at the post by Lisa Holt who came first.

Ram, the amazing quiz master was on great form as we all played Family Fortunes, contestants shouting higher and lower. A lot of laughter could be heard by all, and if there was cheating going on. The Ram was having none of it and kept us all in order.



Meanwhile, in West London, Ealing. Lots of games including the witches hat hoopla. The little hairy spider (right) was creeping about all Halloween. It wouldn't leave Lisa alone.



While over in Barking & Dagenham, Essex Saint Luke's had a very different kind of witch on site for the Halloween. The new witch on the block came along to help inspire and teach clients the importance of how to create flawless contour with make up. Clients absolutely enjoyed getting involved learning how to apply make-up to a professional level.





BOBBLES TO LAST YEAR! CHRISTMAS IS ON!



**ONLINE**  
**CHRISTMAS**  
**PARTY**  
**DECEMBER**  
**15TH**

**THE FUN STARTS @ 3 UNTIL 4:30PM**

The link will be sent in the daily email, sign up for that here  
[www.buildonbelief.org.uk/bobs-online-programme](http://www.buildonbelief.org.uk/bobs-online-programme)

**SANTAS SOCIAL CLUB (ROOM 1)**  
**RUDOLPHS ROCKIN CHRISTMAS MUSIC (ROOM 2)**  
**GAMES WITHOUT THE GRINCH (ROOM 3)**

Wednesday 15th December 3pm.  
Be there or be square!

Dear All

You are invited to the BoB Christmas Party. To receive your invite go to [buildonbelief.org.uk/bobs-online-programme](http://buildonbelief.org.uk/bobs-online-programme) and sign up. It's that easy.



## LET'S MEET! BOB'S X-MAS RECONNECTING - WALK



Join the staff, trustees, volunteers and clients to walk (or run!) together a distance of 1585km. Sounds ambitious? It depends! If we find 200 people it's a nice, gentle 7km/4.3mi walk through the park. Some of you might even want to run! We can do that!

After the pandemic we think it would be great to reconnect with each other or meet some new, like-minded people, get some fresh air and do something good for our physical health.

What you need to know:

Venue: Kensington Gardens



Meet & Greet: Italian Gardens (opposite Lancaster Gate) at 10.45am

Date: 4th December 2021

Start time: The walk will start at 11am. Two loops (ca. 7km/4.3 mi) around the park would roughly take 1,5-2hrs.

Donation: Every pound counts! Help us to achieve our online fundraising target of £3000 by visiting <https://www.buildonbelief.org.uk/Event/reconnecting-walk> and clicking the donate button.

This inclusive BoB event will help us to tackle isolation and reconnect individuals after the pandemic. During the pandemic, it became clear that isolation is one of the biggest challenges for vulnerable people. After reopening our weekend services many service users, who could not access our online programme, said they were feeling very fragile and isolated, and a number said they had relapsed.

Over 30 of our local volunteers expressed a desire to somehow 'get connected' again to reduce social isolation.

Many suffer from underlying health conditions without any support through family or friends.

If you have any questions or like to hear more about this event, please contact either:

Ani Hohmann at [anihohmann@buildonbelief.org.uk](mailto:anihohmann@buildonbelief.org.uk) or via phone 07597 046433

Tim Sampey at [timsampey@buildonbelief.org.uk](mailto:timsampey@buildonbelief.org.uk) or via phone 07739 796054

Or ask your local services' manager.

### PENCIL THE FOLLOWING DATES INTO YOUR DIARY:

- Saturday, 4<sup>th</sup> of Dec – BoB's Reconnecting Walk: **Weekend services will be closed.**
- Saturday, 25<sup>th</sup> Dec – Christmas Day: **Weekend services will be closed**
- Sunday, 26<sup>th</sup> Dec – Boxing Day: **Weekend services will be closed**
- Saturday, 1<sup>st</sup> of Jan – New Year's Day: **Weekend services will be closed.**
- Sunday, 2<sup>nd</sup> January – **All services are open!**



## FRIENDS OF BOB (FOB)

Dear Reader,

It is always our intention to keep developing and growing the charity, and with that in mind we have created the 'Friends of BoB' project. The idea is to involve more people from the wider community with the charity, both as volunteers and supporters, to embed what we do firmly into the communities in which we work. We also intend for the 'Friends of BoB' to be central to our fundraising plans going forward, so that we might expand the range of services we are able to offer.

Our first fundraising activity with the 'Friends of BoB' will take place on Saturday December 4<sup>th</sup> in Kensington Gardens. We will meet mid-morning (around a hundred of us we hope!) where we aim to walk around and around the gardens until we have walked the equivalent of London to Lisbon in a day. Ambitious, huh?

We have already raised more than a thousand pounds in donations and hope to do even better over the coming month. If you would like to join us on our trek (and everyone is welcome) please drop an e-mail to [ani-hohmann@buildonbelief.org.uk](mailto:ani-hohmann@buildonbelief.org.uk) and Ani will provide you with all the details you need.

Why not join us for a day's gentle exercise along with the staff, volunteers, trustees, and friends of BoB for a day out in the winter sunshine? London to Lisbon is a long way, and we need all the help we can get. Spend a day with BoB and help us raise funds to ensure we continue our good work long into the future.

Tim Sampey

## CLERO STIGMA COLLEGE OF LIVED EXPERIENCE RECOVERY ORGANISATIONS

In 2010 the United Kingdom Drug Policy Commission published a report on the stigmatisation of drugs users, and finished the report by stating, 'if society is serious about supporting recovery from drug problems it has to get serious about challenging stigma'. It does not feel as if we have got far, does it?

It seems as if there has never been a concerted attempt to challenge the way wider society views people with substance use disorders, and as Mother Theresa predicted, we have become the lepers of the twenty-first century, shunned, excluded and unwanted.

A quick scan back over the past decade offers us hope that a united front built around a worthy moral cause can force a gradual systemic change. At last, individuals with mental health disorders are viewed as more than 'the nutter on the bus.' Black Lives Matter and the MeToo movements have shown us that a mirror can be held up to wider society, demanding that they do better and recognise the essential truth in the adage 'do unto to others as you would have them do unto you.'

'Working With Everyone' were recently commissioned by the NHS APA to hold a series of workshops looking at the lived experience of stigma among people who use drugs. Stories of the way in which the participants were treated by the wider health system, including G.P.'s, mental health services and hospitals, were depressingly familiar in their negativity and in several instances genuinely shocking, and makes a nonsense of the idea of integrated care systems. How can there be an integrated care system in England if a large part of that system regards us either as not their problem, or unworthy of support?

It is time the sector united around the persistent and endemic stigmatisation of those who struggle with their substance use and took the battle into society, the press, and the corridors of power. We need to remind them that we are mothers and fathers, sons, and daughters, and that we are as deserving of our place in the sun as they.

LERO's can and must play a central part in this. After all there is not one of us who has not been on the receiving end of stigmatisation repeatedly. It is time we joined hands with the rest of the sector, and held up the mirror, stating 'enough really is enough.'

Tim Sampey

## SAY HELLO AND WAVE GOODBYE BOB STAFF UPDATE



My name is **Nicky Rome** and I am the new **Peer Support Worker for Westminster**. Volunteering at BoB inspired me to study and I completed NVO 2 and 3 in Health and Social Care during lockdown with the help and encouragement from the Education and Training Team at DAWS. I was promoted to team leader at BoB and when the peer support worker role became available my manager asked me if I would like to apply for the job! Look forward to meeting you at our Westminster services.

Hi my name is **Naj Ali**. I am the new **Peer Support Worker in Westminster**. What I love about BoB is that no matter where someone is on their recovery journey BoB is there to guide them, whether that's a referral for treatment or simply a chat and a coffee, BoB volunteers and staff are there without any judgement. When a position came up for a peer support worker I had to go for it. I come from a background in care so I've always loved helping others and now working for BoB I can still do that for a cause that's close to my heart with a charity whose values are on par with mine.



Hi, I'm **Danny Walsh**, the new **Peer-led Harm Reduction Worker** and I'm new to Build On Belief. I am an amateur stand-up comedian and writer in my spare time, but I'd likely also call myself an amateur / hobbyist philosopher and psychologist. I have qualifications as a Baker, Chef, and as a Peer Mentor with Blenheim. I enjoy getting to know and understand people by talking with them. That can be from the stage, but I much prefer the face-to-face, real-life human connections.

I met **Alia** in April over at our postings via WDP for Hostel support workers. We totally clicked and now are good mates outside of the work hub. Alia is very witty, chatty and has a good heart. She is extremely hardworking and has good ethics regarding being non judgemental and having empathy towards others. We are planning to go to France and Italy in March and for a lone wolf like me, that is a miracle. Bravo BoB! (From BoB Manager Karen)



**Aggie** and I started working at Northwick Park Hospital together. We were the first BoB service in a mental health unit and so this meant starting from scratch and building the service from scratch. Aggie was very hard working and professional in her dealings with both patients on the ward and fellow colleagues. She and I together helped to establish BoB at Northwick Park and the reputation for our team and the dedication of those who work for BoB or volunteer for BoB. Aggie left BoB to work on a project that she had been invested in for some time prior to working for BoB. The patients were sad when they heard she was leaving. Thanks for your support and wish you well. (From BoB Manager Mark)





We say goodbye to **Sam Taylor**. Sam was a service manager at Harrow and started his recovery journey in Ealing, volunteering for BoB. Sam attended the volunteer training and soon felt confident enough to apply for a service manager job. Sam worked along side me (Helen) at Harrow and was a great asset. He organised events, help with the newsletter and other media outlets. Sam designed the BoB merchandise, hats and sweat shirt which were given as Christmas presents to volunteers and staff. Sam's story continues, he now works as Recovery Coordinator (Prison In-Reach) for the Criminal Justice Team Ealing RISE CGL – Change Grow Live. I'm sure Sam will remain 'Friends of BoB'. We look forward to seeing you in the near future. Congratulations on your new post. (From Helen)



Sam with Norris. (see pg 31)



Let's say goodbye to our great colleague **Faaria** – it's been (too) short and sweet! We really miss working with her. Faaria supported our team as Operations Manager. She brought a great sense of humour, organisational structure and good people skills to the table not to mention her experience in the field. It would have been lovely to see her grow within our organisation, but life had other exciting plans for Faaria! ☐ We wish you all the best and many more fantastic moments especially with your sweet family!

We'll catch up soon, lady!

(Ani Organisation Manager)



If you're  
still searching  
for that one  
person that will  
change your life,  
take a look in  
the mirror.



"You have power over your mind,  
not outside events. Realize this,  
and you will find strength."

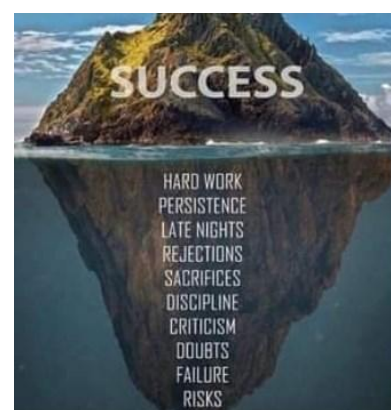
— Marcus Aurelius

WIM HOF METHOD

You'll never talk to anyone as  
much as you talk to yourself,  
so make sure the words you  
speak to yourself are filled with  
love and compassion.

Instead of saying, "I'm  
damaged. I'm broken. I  
have trust issues" say  
"I'm healing. I'm  
rediscovering myself.  
I'm starting over."

HORACIO JONES



## OVER TO YOU...

### 'Shine Some Light'

Push the perplexity past the limit, no longer trapped so deep within it, nothing to prove a tangible draft, shine some light on a darker path, see the azure pulled by the lure, show no shame the agenda pure, one step forward to bridge the gap, show respect as I tip my hat. By David Wakefield. I hope you enjoy.. Up early with the pen... I love to watch the sunrise it helps me think. Enjoy the sunshine.. Best wishes.. David. ☁

"True" Some have it good ,other's do too, without a soul it wouldn't be true, don't understand? No need to say, moods on paper in every way, express the self to let off some steam, mind over maudlin more than a dream, I write how I feel and the feeling real, fixate on the page i write as I kneel. By David Wakefield. AKA Vigilant Verse UK

### "The best from mendacity"

In mendacity we achieve our best, seasoned travel, revised quest, better forever, keep it together, this ship sails through stormy weather, don't have to be clever just have to be real, write a page you can touch or feel, my choice the word and the voice, a positive mind we can all rejoice. By David Wakefield.



### "Lighter darkness"

Dig deep and you'll find a positive mind. See for the blind i can't unwind. Never been easy i have to stress. Alone in the world i call it a mess. I do this alone one thing i can't take. I need a break from this bad mistake. People want poetry all this is real. Not just words but the pain i feel. Not much to say it gets dark every day. All i need is to break away. Think life is bad step out of the box. Only good thing is i call my shots.

Cooking together today was like a really nice get together. The facilitator always does an amazing job, so well done her. It's so relaxed even though I am not cooking and the ones that are cooking are running around they are still chilled and having a good time. Anonymous.

The wonderful Bitmojis were sent in by Vikesh Mistry, Harrow



I said last week that I would drop you / Build on Belief a note with my gratitude. One of my oldest friends passed me the ZOOM details for Build of Belief and for the past two weeks I have joined your Facial Massage on a Thursday morning. Oh my gosh...I can't thank you enough for your time and your expertise. I know you said you have had no official training however I think you are AMAZING . I absolutely love your session. I really do feel so good afterwards and as well as waking up my tired, old and wrinkly skin, I actually feel better mentally also. I find your persona extremely relaxing, friendly and supportive, Suzy Gallager.

Thank you for your poems, pictures and letters, keep them coming.

To appear in the BoB newsletter send your letters to helenhayden@buildonbelief.org.uk

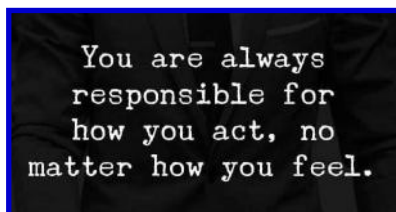
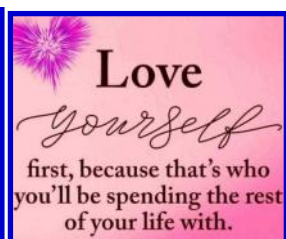
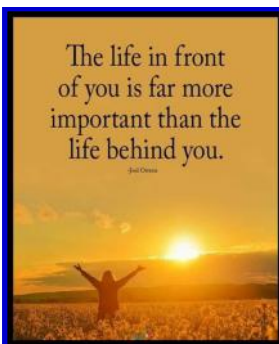
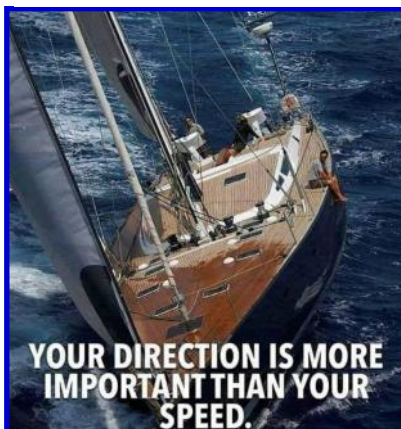


Mandy's dog Ace with her cuddle cushion snug as a bug in a rug.

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



## AND SOCIAL MEDIA.



me: sometimes i talk to myself  
me: omg same



When you're sad, just look how happy this man is with his onion.  
@TheYardener



On this sheep-scale, how do you feel today?



**ONCE UPON A TIME I WAS HUNGRY AND THAT'S WHAT HAPPENED TO YOUR CHOCOLATE**



## HAPPINESS CHEMICALS & HOW TO HACK THEM

IG: @iamdaviddang

### DOPAMINE

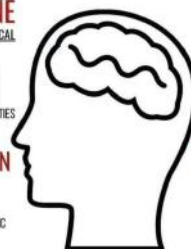
THE REWARD CHEMICAL

- EATING FOOD
- ACHIEVING A GOAL
- COMPLETE A TASK
- SELF-CARE ACTIVITIES

### ENDORPHIN

THE PAIN KILLER

- EXERCISING
- LISTENING TO MUSIC
- WATCH A MOVIE
- LAUGHTER



### OXYTOCIN

THE LOVE HORMONE

- SOCIALIZING
- PHYSICAL TOUCH
- PETTING ANIMALS
- HELPING OTHERS

### SEROTONIN

THE MOOD STABILIZER

- SUN EXPOSURE
- MINDFULNESS
- BE WITH NATURE
- MEDITATION



## 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

Our very kind neighbours Julia and  
Graham

Janette and Declan from Homebase  
in Romford

### Ealing:

The Felix Trust

City Harvest

### Harrow:

Michelle Fernandes & family

Zhijun Wang's Tai Chi

### Hillingdon:

Tesco

Rotary Club of Uxbridge

### Helpful numbers

NHS National Health Service [www.nhs.uk/](http://www.nhs.uk/)

PHE Public Health England

[www.gov.uk/government/organisations/public-health-england](http://www.gov.uk/government/organisations/public-health-england)

WHO World Health Organisation [www.who.int/](http://www.who.int/)

SMART UK Self Management and Recovery Training

[smartrecovery.org.uk/](http://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 work-  
ing day deliver. Our expert clinicians are available to advise and sup-  
port you by text message, phone or email. [sh24.org.uk](http://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](http://www.tht.org.uk/our-services/phone-and-post/free-hiv-postal-tests)

ProDogsDirect: [info@prodogsdirect.org.uk](mailto:info@prodogsdirect.org.uk)

Calls are answered 10am-8pm:

Our Trustees: Donna Woodford

[WoodfordDonna@gmail.com](mailto:WoodfordDonna@gmail.com)

07766 021 465 and Pat Bryant

[PatBryant1949@hotmail.co.uk](mailto:PatBryant1949@hotmail.co.uk)

01322 403 494

DIABETES UK 0345 123 2399 [www.diabetes.org.uk](http://www.diabetes.org.uk)

[www.release.org.uk](http://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>

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

MOBILE: 07739 796 054

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

OR VISIT OUR WEBSITE

[buildonbelief.org.uk](http://buildonbelief.org.uk)





## 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/](http://www.nhs.uk/conditions/suicide/)

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

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Samaritans:** UK 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Samaritans, available 24 hours a day, 365 days a year: [samaritans.org](http://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/](http://www.samaritans.org/)

**Forces in Mind Trust FiMT (armed forces support)**

[www.fim-trust.org](http://www.fim-trust.org)

**MIND**, the mental health charity: [mind.org.uk](http://mind.org.uk)

☎ 0300 123 3393

**Rethink Mental Illness:** [rethink.org](http://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/](http://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/](http://papyrus-uk.org/)

Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**The Silver Line - for older people**

Call 0800 4 70 80 90 [www.thesilverline.org.uk/](http://www.thesilverline.org.uk/)

**National Problem Gambling Clinic** 020 7381 7722 [gambling.cnwl@nhs.net](mailto: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/](http://www.al-anonuk.org.uk/)  
Drinkaware: : 020 7766 9900

[www.drinkaware.co.uk/alcohol-support-services/](http://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/](http://cocaineanonymous.org.uk/)

**AA Alcoholics Anonymous** [www.alcoholics-anonymous.org.uk/](http://www.alcoholics-anonymous.org.uk/)

**NA Narcotics anonymous** [ukna.org/](http://ukna.org/)

**SRUK SMART UK recovery** [smartrecovery.org.uk/](http://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/>

**Centrepoint-** 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)

[centrepoint.org.uk/](http://centrepoint.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/](http://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/](http://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](mailto:help-line@hepctrust.org.uk)

**London Friend**—Serving the Lesbian, Gay, Bisexual and Transgender Communities. [londonfriend.org.uk/](http://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/](http://londonfriend.org.uk/)

**Mens Advice Line** 0808 801 0327 Open Monday-Friday 9am-5pm. [info@mensadvice.org.uk](mailto: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](http://www.mensadvice.org.uk) webchat available. Also helping men in same sex relationships. **Mankind Helpline:** 01823 334244 [mankind.org.uk](http://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/](http://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](http://www.ocduk.org)

## SERVICES AND MANAGERS

**KENSINGTON & CHELSEA** Acorn Hall 1 East Row, London, W10 5AR (just off Kensal Road)

Liam Harte	07739 796 045	<a href="mailto:liamharte@buildonbelief.org.uk">liamharte@buildonbelief.org.uk</a>
Laurence Foy	07505 058 250	<a href="mailto:laurencefoy@buildonbelief.org.uk">laurencefoy@buildonbelief.org.uk</a>

**BARKING & DAGENHAM** St Luke's Centre Dagenham Road RM10 7UP

David Hibbert	07772 238 983	<a href="mailto:davidhibbert@buildonbelief.org.uk">davidhibbert@buildonbelief.org.uk</a>
Barry Forest	07872 002 247	<a href="mailto:barryforest@buildonbelief.org.uk">barryforest@buildonbelief.org.uk</a>

**EALING** 99-103 The Broadway, West Ealing London, W13 9BP

Linda Rose	07872 002246	<a href="mailto:lindarose@buildonbelief.org.uk">lindarose@buildonbelief.org.uk</a>
Rob Demacque	07948626633	<a href="mailto:robdemacque@buildonbelief.org.uk">robdemacque@buildonbelief.org.uk</a>

**HARROW** 44 Bessborough Road Harrow HA1 3DJ

Helen Hayden	07872 002 248	<a href="mailto:helenhayden@buildonbelief.org.uk">helenhayden@buildonbelief.org.uk</a>
Simon Bellord-Bull	07511 403465	<a href="mailto:simonbellord-bull@buildonbelief.org.uk">simonbellord-bull@buildonbelief.org.uk</a>

**NORTHWICK PARK** Hospital Mental Health Unit

Mark O'Connor	07511 404552	<a href="mailto:markoconor@buildonbelief.org.uk">markoconor@buildonbelief.org.uk</a>
Karen Ricketts	07925 138102	<a href="mailto:karenricketts@buildonbelief.org.uk">karenricketts@buildonbelief.org.uk</a>

**HILLINGDON** Old Bank House 64 High Street, Uxbridge UB8 1JP & Hayes End Methodist Church UB4 8JW

Finola Sullivan	07739 796 048	<a href="mailto:finolasullivan@buildonbelief.org.uk">finolasullivan@buildonbelief.org.uk</a>
Lisa Durand	07522128 844	<a href="mailto:lisadurand@buildonbelief.org.uk">lisadurand@buildonbelief.org.uk</a>

**NEWHAM** RISE, Beckton Road, Canning Town E16 4DE

Linda Chan	07872 002 051	<a href="mailto:lindachan@buildonbelief.org.uk">lindachan@buildonbelief.org.uk</a>
Eugene Ebrill	07872 002 245	<a href="mailto:eugeneebrill@buildonbelief.org.uk">eugeneebrill@buildonbelief.org.uk</a>
Raman Nijhawan		<a href="mailto:ramannijhawan@buildonbelief.org.uk">ramannijhawan@buildonbelief.org.uk</a>

**PEER SUPPORT WORKER** Westminster / RBKC

Najat Ali	07542 023955	<a href="mailto:najatali@buildonbelief.org.uk">najatali@buildonbelief.org.uk</a>
Nicky Rome	07542 023954	<a href="mailto:nickyrome@buildonbelief.org.uk">nickyrome@buildonbelief.org.uk</a>

**HARM REDUCTION WORKER** Westminster / RBKC

Danny Walsh	07925 138110	<a href="mailto:dannywalsh@buildonbelief.org.uk">dannywalsh@buildonbelief.org.uk</a>
-------------	--------------	--

**ONLINE PROGRAMME MANAGER**

Ben Houghton	07925 138103	<a href="mailto:benhoughton@buildonbelief.org.uk">benhoughton@buildonbelief.org.uk</a>
--------------	--------------	--

**COVER MANAGER**

Kevin McAleer Cover Man.	07786648039	<a href="mailto:kevinmcaleer@buildonbelief.org.uk">kevinmcaleer@buildonbelief.org.uk</a>
--------------------------	-------------	--

**HQ Earls Court**, 69 Warwick Road, SW5 9HB

Tim Sampey	Chief Executive	07739 796 054	<a href="mailto:timsampey@buildonbelief.org.uk">timsampey@buildonbelief.org.uk</a>
Ani Hohmann	Organisation & Development Manager	07597 046 433	<a href="mailto:anihohmann@buildonbelief.org.uk">anihohmann@buildonbelief.org.uk</a>
Karen Brown	Operations & Training Manager	07542 023 953	<a href="mailto:karenbrown@buildonbelief.org.uk">karenbrown@buildonbelief.org.uk</a>



Hope, recovery, community & kinship

**BUILD ON BELIEF**

69 Warwick Road  
Earls Court  
London  
SW5 9HB

[www.buildonbelief.org.uk](http://www.buildonbelief.org.uk)

