

# SPRING 2022



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

## BOB NEWSLETTER

Dear Reader

A friend of BoB recommended a book called Atomic Habits which suggests keeping up the small things may help us to feel better than if we dismiss them as insignificant and not worth it. I tried it out and yes it did make a difference. OK it didn't change my life but it offers other benefits, try it and let me know how you get on.

In this issue of the BoB newsletter you can read about our online groups, they are amazing, unique and free. Catch-up with Norris and his adventurous doggy tales, get inspired by readers contributions of poems, art and photographs.

Peek inside to find out what BoB has been up to and what the BoB service offers London and world wide with our online programme. BoB offers opportunities to expand your options for your future through volunteering.

Thank you to all who have sent in contents for this newsletter, I love reading your poems and stories, keep up the good work.

Helen Hayden

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## KEEPING FOCUSED AND MOVING FORWARD

It has been a funny couple of years hasn't it? Full of lockdowns, social distancing and way too much social isolation, never a good thing for people in recovery. Still, the wheel is turning, albeit slowly and we are moving into a world where living with Covid-19 is the new normal. So, how does this affect Build on Belief?

Well, while keeping a focus on ensuring our services are as safe as possible for everyone who uses, volunteers or works in them, we are looking to get as close as possible to business as usual over the spring and summer months. Step by gentle step we will begin introducing new activities into our weekend projects as the months go by. Why not drop by and see what is new in our little world of socially based support and befriending services?

The online programme is going through a re-vamp so look out for the new timetable after Easter. The team is working hard to provide you with as many exciting activities and groups as possible.

After the success of our Reconnecting Walk in Kensington Gardens on an admittedly chilly day in December, we are beginning to make plans to do it all again, only this time we are going to do it in the middle of summer! We aim to have the picnic to end all picnics, perhaps a few gentle sporting competitions, and, a full day where the entire Build on Belief family can socialise, have some fun and get a tan!

Finally, the cherry on our cake is investigating the possibility of creating podcasts where we can share our stories and experiences, passing on some of the useful things we've learned on our respective recovery journeys. It might have been a funny couple of years but we are 'Build on Belief' and we refuse to be defeated by a virus. Let's make 2022 a year to remember.

Tim Sampey





## STAR CONTRIBUTOR



## From our last edition

*Jasmine Campbell wins £30 voucher*

*. Thank you for inspiring us with your story of dedication and hard work and the joy of completing a half marathon.*



BoB Hillingdon are incredibly proud of Jasmine Campbell who completed her first half marathon last month (Oct 2021). Jasmine is aiming for a full marathon next year(2022).

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





# ONLINE PROGRAMME

♥ Sign up

New timetable!

♥ Sign up

You can easily sign yourself up to the mailing list on our website (link below). Once that's done you will receive a daily invite via email listing the day's groups and their links. All you need to do is click on the link for the group.

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

If you have any more questions about the online groups or activities, please send an e-mail to BoB's Online Programme Manager [benhoughton@buildonbelief.org.uk](mailto:benhoughton@buildonbelief.org.uk) or get in touch with your local BoB service manager.

Enjoy and see you soon on Zoom!

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="#">Yoga</a>  <a href="#">Recovery Support</a>	 <a href="#">SMART Recovery</a>	 <a href="#">Tai Chi</a>  <a href="#">BoB Games</a>	 <a href="#">Saturday Social Club</a>	 <a href="#">Cooking Together</a>
1:00 pm	 <a href="#">Recovery Support</a>  <a href="#">Parenting in Recovery</a>	 <a href="#">Pilates</a>	 <a href="#">Book Club</a>  <a href="#">Art Together</a>	 <a href="#">Mindfulness</a>  <a href="#">LGBTQIA+</a>	 <a href="#">Recovery Support</a>		 <a href="#">Mindfulness</a>  <a href="#">Have Your Say</a>
3:00 pm	 <a href="#">Topic of the Week</a>	 <a href="#">Tuesday Tunes</a>	 <a href="#">Exploring Emotions</a>	 <a href="#">Men Only</a>  <a href="#">Women Only</a>	 <a href="#">Facial Massage &amp; Body Scan</a>  <a href="#">Whats On The Box?</a>		 <a href="#">Sunday Social Club</a>
6:00 pm	 <a href="#">Play Reading</a>	 <a href="#">BAME Culture Club</a>	 <a href="#">Recovery Island Discs</a>	 <a href="#">Topic Led Recovery Support</a>	 <a href="#">CBT Support</a>  <a href="#">Living With Chronic Conditions</a>		

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

## RECOVERY ISLAND DISCS

Have you heard about the hot new online group on the block? Every Wednesday at 18:00 come and join us where each week a special guest tells us their personal experience of addiction and connects us with three songs that mean something to them. The group then get to ask questions. What kind of guests? Well...



In December we were joined by Chief Inspector Jason Kew, Violence Reduction Unit Lead for Drugs and Harm Reduction. Jason explained how his naivety with drugs and previously punitive opinions drastically changed when he was exposed to the realities of drug addiction as a policeman in his neighbourhood. Jason quickly learned that people need support, not punishment, and recognised the harm that criminalisation can do long term. Since then Jason has been involved in setting up DIVERT schemes across the country. DIVERT is a police initiative where people caught with small amounts of drugs are not prosecuted but instead are signposted to short courses of harm reduction at the local drug service.

In January, George Charlton ([www.GeorgeCharlton.com](http://www.GeorgeCharlton.com)) gave us a glimpse of his own journey from a teen using amphetamines to today where he is involved in peer-to-peer Naloxone distribution (the opioid overdose reversal drug) in an effort to reduce drug related deaths.

Elizabeth Burton-Phillips, Founder of DrugFam, was a guest in February and she talked us through her own sad history as a parent of someone who died from a heroin overdose. Her son's passing highlighted all the things she did not know about addiction, and led her to set up DrugFam – a national organisation which supports carers and loved ones of people who use substances.

Finally in March, Peter Krykant joined us to explain how his past opioid use led to an unfulfilling stability in recovery – until he decided to set up the UK's first drug consumption space in Glasgow. Drug consumption spaces provide people with a safe, clean space to inject drugs as well as the safety net of someone available should they accidentally overdose, potentially saving their lives. Although widely used in other parts of the world, drug consumption spaces are illegal in the UK and Peter was subsequently charged under the misuse of drugs act.

These are just a selection of the stories we have heard and if you want to take part, you're more than welcome!

Join us on Zoom every Wednesday at 18:00

Zoom ID: 291 201 2970

Passcode: 333214

Programme Update:

Recovery Chair had a makeover. Very pleased to now offer Recovery Island Discs. Similar to Recovery Chair we still hear stories of people's pasts only now it will include a choice of songs and questions.

Not just a great idea it actually works really well and clients are giving us positive feedback on Recovery Island Disc and other online groups on offer.

Sunday Sounds is taking a break. You will still be able to access a similar group but it will be held in the week. This will leave the excellent facilitators free to enjoy the summer Sunday evenings with family, friends, in solitude or spent having the odd BBQ. I'm sure you all understand.

Audience Feedback:

Email received: Just wanted to say what an amazing group Sunday Sounds is. I realise it is moving to a different slot on the new timetable but I am still sure it will be just as popular.

D and Nat do a brilliant job together and the group runs perfectly.

So much of the music is an inspiration and also a credit to Build On Belief.

Thank you.

\*\* \*\* \*

## BOB'S GOT TALENT!

This past weekend Acorn Hall hosted a very special event: BoB's very first talent show! We were delighted to welcome plenty of service users, volunteers, managers and our friends from Turning Point to perform, judge and watch some homegrown talent.

Michael Huck acted as the charming emcee introducing all the acts from singing and rapping to poetry recitals to mind boggling magic!

In between acts we also had musical interludes from the Acorn Hall's own band who wowed us with songs and improvised riffs.

We were also lucky enough to see some acts from our service managers such as Danny regaling us with his stand up and Karen's poetry reading.

The judges Nigel, Rachael and Jude had their work cut out for them trying to decide between all the acts and in the end chose not one but two winners.



*Congrats to Gavin and Eric for coming joint first place for rapping and piano playing/poetry reciting respectively!*

*A special mention to Magic Andy for dazzling us with your tricks!*

Steve and the band, judges and Danny (clockwise from top)





As usual there was plenty of tea and toasties to be had thanks to our amazing volunteers and service managers who made sure everyone had a good time.

Special thanks to Nathan for organising the event and to Michael and the judges for their time and giving our talent show a professional edge.

Tim was also in attendance and very impressed with some of the unique acts we witnessed. He was extremely relieved to not be asked to judge.

The event packed most of the hall and was such a success that we're considering doing a bigger one and opening it up to all the services! If you have a secret talent that you'd like to share with us let us know!



Our winners (above) and some of our most unique acts!



# VOLUNTEER AWARDS DECEMBER 2021



Tim Sampey

Build on Belief Annual Volunteer Award Ceremony Returns...sort of.

Due to the pandemic the BoB 2020 award ceremony was cancelled. As the end of 2021 approached we split up our ceremonies amongst the services and held the RBKC ceremony in the town hall.



Unfortunately we had limited attendees, due to social distancing but all very much enjoyed hearing tales of the evening's shenanigans from those who were there. Taking to the stage, speakers captivated their audience with heroic tales and a variety of recovery based subjects. Among the audience members were invited guests from a flagship BoB service and local hub, Acorn Hall. Volunteers and facilitators from across BoB's services all joined with honoured guests such as the local mayor, commissioner and BoB Trustees to help celebrate this special evening.



Annette



Ben



D.



Liam and Dee

Mayor congratulates award winners



Fatiha



Nicky



D.





Laurence

### Build on Belief Annual Volunteers Award Ceremony Returns.

Unable to hold the yearly event in 2020, Acorn Hall held it's breath and waited to hear if restrictions were to be lifted. Finally, the news broke that the 2021 Awards could go ahead. After receiving the good news preparations got underway. The stage was set at the Royal Borough of Kensington and Chelsea Town Hall, guests were invited from the RBKC service. Limited space meant limited invites. Those who did attend included volunteers and facilitators from weekend services and online programme, invited guests included the local mayor and commissioner and BoB Trustees.



Commissioners

Laurence Foy and Ani Hohmann received the prestigious Kevin Plunkett Awards presented by the mayor of Kensington and Chelsea.



Ani

### Attendees feedback:

A lovely and emotional afternoon. I think I can speak for all of us when I say that I really enjoyed this year's Volunteer Award Ceremony (& not just because of the award I've received! ;-)

A massive thank you to Liam, Laurence, D., Ben & Tim – you made the ceremony very personal and therefore special. You've perfectly demonstrated what positive impact the work we do has on individuals and the wider community. The volunteers I've spoken to were really grateful, proud and empowered.

Also a huge thank you to our trustees Annette, Jane and Roger, not just for joining the ceremony but for your ongoing support, effort and trust. Hope to see you all at this year's award ceremony , ~Ani Hohmann



Trustee Roger



A successful evening, showing appreciation to those we work along side with.





*Speakers and winners captivate the audience, as is usually the case at the BOB Awards. Listening to personal accounts of recovery and discovery. The evening can be an emotional roller-coaster which may leave you feeling, at the very least, inspired.*



# THE ONLINE PROGRAMME AWARDS AND CHRISTMAS PARTY

## Wednesday 15th December

Christmas fun online 3-4.30pm

BoB's Online Christmas Party was a success! There were two rooms available: one for fun and games and the other for relaxing and getting in the festive mood listening to the Christmas classics, from 'Jingle Bell Rock' to Dean Martin to 'It's beginning to look a lot like Christmas' add a little Micheal Buble, with a few more recent tunes thrown in.

The afternoon's festive frivolities started with Online Groups Award Ceremony in recognition for all the hard work that goes in to keeping groups going through the whole year.

So on to the awards:

*Facilitators Facilitator of the Year 2021 went to: Linda Chan, Rob, Ram*

*Participants Facilitator of the Year 2021 went to Ram, Nat and David*

*Group of the Year 2021 went to: Quiz and Art*

*Overall Facilitator of the Year 2021: Rob Demacque*

After the award ceremony Ben opened up the rooms. Elf Ram was facilitating the Fun and Games room and Elf Simon facilitated the Music Room. .

I'm hoping to do Easter, Summer, Halloween and Christmas parties now that it can be done using multiple breakout rooms with multiple facilitators. More to follow!





## BOB'S RECONNECTION WALK



On a crisp and sunny December morning we gathered by the impressive Italian garden fountains in Hyde Park. Almost eighty Build on Belief trustees, employees, volunteers, and service users as well as Friends of BOB set off for a couple of loops of Kensington gardens. There was a good showing from Dagenham, Newham, Hillingdon, Hammersmith, Harrow, Kensington and beyond. The aim was to re-connect and get some fresh air after almost two years of disruption from the ongoing Covid19 pandemic and to raise a few BoBs for BoB's continuing operations.

The day started well with the sun shining, people smiling and assembled walkers signing in on good old pen and paper wielded by Mrs Chan of Newham fame. Attempts to avoid her beady eye and escape the roll call were invariably futile. Chairman of the Board Roger Howard herded the group for one big photo and away we went. We shared the wonderful park with joggers, jugglers, pram pushers, cyclists, and a troupe of exotic dogs in little hand knitted jumpers. The first loop went almost according to plan with a few late comers joining up along the route but after a brief re-group back at the fountains the second lap of the park soon began to unravel as individuals and small groups took a left here and a right there. My phone rang a few times and on one occasion I was asked where I was but beyond being in the park I did not know and neither did they and it didn't really matter as this was supposed to be fun and not a navigation exercise. Somehow most of us met back up again at the starting point where we bade our farewells, a good day out does not have to be complicated or expensive and this was a perfect example of that. BoB did not close for even a weekend from March 2020 through the original lockdown when we were operating food banks in Hammersmith, Ealing and Kensington and were quick off the mark on the Zoom groups. Coming up to Xmas 2021 we are up and running in all our boroughs, with the sporting programme in Kensington being a particular success. This day out was a chance to celebrate our survival & hopes for the future. We have received numerous positive messages since the walk, and I can declare it a complete success and thanks to everybody who attended or donated. **Kevin McAleer. Cover manager**

Feedback on the BoB Reconnecting Walk: Was lovely to finally meet many of the people i have never met before (but worked with, or participated with in zoom groups). Despite being winter the energy and smiles radiated from us all and i enjoyed it a lot. Would have loved for all of us to be able to sit together in like a picnic area after the 2 rounds of walking, but because of the season it's understandable many had to go. It was indeed all reconnecting in real life again and raising funds for the charity. **N. Online Facilitator**



It was wonderful to reconnect with people, some of whom I had not seen for years. It was lovely to notice the beautiful nature in one of our wonderful London parks in the borough where BoB was born and share memories together. **Karen — BoB Staff**

Hillingdon really enjoyed the walk and being out in such a beautiful park for the day. We didn't get to take many pics but we are certainly interested in another walk. **Finola — BoB staff**





# DOGGY TALES

## THE MEMOIRES OF NORRIS

BY SAM TAYLOR

Norris out at one of his his favourite parks. He loves rolling on the grass at Ealing Common s



### Norris' Trip to the Vet

Norris had a trip to the vet back in January. Sam popped out to the shop for 5 minutes and when he came back Norris was in his bed and had hurt is paw. What had he been doing whilst Sam was gone? Sam had to take him to the vet in Northolt and they had to sedate him and remove his claw. They put him on heavy painkillers which made him drowsy, and he had to wear a cone for 5 days. After this he was back to his normal self in no time.



Norris at Xmas: Lou and Sam both had Covid during Christmas so had to isolate for ten days. Luckily they both had Norris to keep them company. As you can see in the photographs he had great fun and also got a big plate of roast turkey.



Mandy's dog Ace. If you would like your dog to appear on Norris' page send photos and name to Helen Hayden



Norris sitting on the bench at Walpole Park.

Norris' trip to Sam's Dad's (Rob) Office

Rob agreed to look after Norris for the day at his office as Sam was at work. As you can see Norris was very chilled and well behaved. This made a difference from previous times where he was very hyper and would run around the office barking and pulling up wires from the floor.





# ACORN HALL

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



Chris with the 'Donkee' Shopping Trolley donated to us by Sholley.

Chris has been using his own larger Donkee for some time and wrote to Sholley explaining what we do and asking whether they could help us.

They were brilliant and sent us one for free.



The social club is open 1pm to 4pm Saturdays and Sundays.

The Foodbank is open from 2pm to 4pm on Saturdays, come early as we often run out of food by 3.30pm.

The Yoga is from 11am to 12.30 Saturdays.

Badminton is 3pm to 5pm Wednesdays and 12noon to 2pm Sundays.

Looking forward to seeing you soon.

Below are the photos taken last Saturday (end of March) at the Yoga session we run from 11am until 12.30.

It has been slowly getting more popular and as you can see from the photos it is now pretty much full. Esther, the Yoga Instructor, has been pivotal in promoting this within the wider community and encouraging people to come along and have a go.



## SERVICE MANAGERS

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# NORTHWICK PARK HOSPITAL

## WEST LONDON

My name is Karen and I am one of the Service Managers at the Mental Health Unit at Northwick Park Hospital. I work with Mark and we are part of the team that helps and supports patients/service users.

We are in the process of opening a Wednesday Drop In Community Hub up in South Harrow—this will be our second attempt as Covid stopped play in December. We have many groups to attend, one being a new Drug and Alcohol Awareness group, supported by the clinical nurse here: Rajesh.

Another is our Friday Recovery/Healing group and on Thursdays at BoB HQ we have a female only AA group that is going well.

I have been a volunteer with BoB since 2019, I started at Shine Café in North London and moved to Acorn Hall, West London in August 2020. I have been a member of staff for one year now and feel like a valid member. I am very happy working at the hospital and soon will engage with a Monday reading group as I have completed my training with Shannon Trust to help individuals with reading difficulties have a safe haven to work on a one-on-one basis and gain new reading skills.



Some of the Northwick Park Hospital team and service users.



# EALING

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

## WELCOME TO BOB EALING

We open from 10 am – 3.30 pm: Saturdays (hot toasties and snacks and Food Bank details below), Sundays (sausages, eggs & beans 10:30am-1:30pm) and Mondays (toast and cake). We have a fantastic team of staff and volunteers ready to welcome everyone through the door whether it's your first visit or your thousandth! At BOB Ealing we take recovery seriously, as we try to give the best help, advice and support possible to our service users. However, we do not take ourselves too seriously and also find this is an opportunity to socialise, relax, have some time out, a bit of space or enjoy the company of others. We make sure that there is plenty of fun and games! They say laughter is good medicine!

## TABLE GAMES

Our current favourites table games include:

Hangman where we like to challenge people with the big words as well as the small – from “antidisestablishmentarianism” to ‘jinx’

For those who are not ‘wordy’ we have Bingo and you need to keep your eyes down for a Full House, as Mikey calls the bingo at a fast pace.

Another favourite is Play Your Cards right which crosses the language barriers of some of our service users by being able to point with your hand ‘higher’ or ‘lower’ as they try to get it right.

THE GOOD NEWS IS THAT EVERYONE GETS A PRIZE – as we give out toiletries, chocolate and other surprises not just for the winners, but for all those who participate.

(For the more energetic we continue to have table tennis, pool and table football)

**FOOD BANK** – Saturdays 11.30 onwards – on a first come first served basis [NO VOUCHER REQUIRED]

Prior to Covid, our food deliveries from Felix and City Harvest were only given out to those who attended the BOB services. With the on-set the pandemic and no way to open the doors and let people in, the Managers Linda and Rob were able to turn it into a local community food bank where the food bags were handed out at the door to anyone who came every Saturday morning (whether in recovery or not). Even though BoB is now open to service users again, the food bank remains a strong link with the community and more importantly to those service users not ready to return to face-to-face contact yet.

It is quite a big task to get the deliveries unloaded, unpacked, sorted and repacked into bags depending on whether people have cooking facilities or are homeless, etc, but we have a fantastic willing team of volunteers who come early every Saturday to make sure it happens.

In December we were able to wish everyone who came to collect a bag a Merry Christmas and they were handed a Christmas Card with a chocolate coin by our very own Angel (Manager – Linda Rose) and Father Christmas (Manager – Rob DeMacque)



## SERVICE MANAGERS

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# MORE OF EALING'S BOB WORLD

## PANCAKE DAY

BOB had 'Shrove' Saturday and Sunday as our pancake days. Not only did everyone get to eat lots of pancakes with their favourite toppings but we also had a fiercely fought competition to see who could flip the most pancakes in 1 minute. The current world record is 140 and our BoB winner came reasonably close with 90! We challenge you to come and beat that next year!

## BOB'S BRILLIANT BREAKFAST



In the last newsletter you saw our chefs as they worked hard in the kitchen to cook sausage, eggs and beans and now we have the results: a perfect breakfast! We have a new resident chef, Dave who puts love and care into every plate he serves. Service users enjoy being able to sit around the table and share breakfast together as we begin to ease our social distancing restrictions.

## VOLUNTEER AWARDS CEREMONY

Every year BoB celebrates the wonderful contribution its volunteers make. It could not exist without them!

As BoB was unable to have a central gathering due to Covid restrictions, each service held its own awards ceremony. This year we particularly celebrated: Lisa for bringing enthusiasm as she stepped into Team Leading, Mikey for being a hard working and energetic new comer, Julie for long term faithful volunteer, Dave for his brilliant breakfasts and Shaun for sterling efforts in community engagement throughout the pandemic. Our thanks to everyone who gives of their time and themselves to make BoB Ealing such a wonderful place for all our service users.



## LINDA ROSE'S RETIREMENT

At the end of December 2021, we said goodbye to Linda Rose, a well loved and respected manager at BOB for many years. We particularly want to acknowledge how hard she worked to keep us open and able to support service users, volunteers and the community during the difficulties of Covid. Also known for her creative talents she brought much enjoyment to many through her craft activities and has always decorated the drop-in making it a warm friendly place to be. We wish her all the best with her retirement. The foot spa gift and the cake

(which she decorated!) gives an indication of her future plans... She will continue to be a part of our family and visit us.



## RE-OPENED ON MONDAYS

We are very excited to announce that we have been able to re-open our doors on Mondays from 7th March 2022 for the first time since March 2020. We are open from 10 am – 3.30 pm and currently offer tea/coffee, toast and a slice of cake. It is a relaxing space to chill before and after recovery groups and other appointments or just pass by and spend some time. There are plans to bring back some more of the favourite BoB activities, so keep checking with us and look out for details in the next newsletter.





# HILLINGDON

64 HIGH STREET UXBRIDGE UB8 1JP

BoB Hillingdon is looking forward to Spring/Summer and we have a busy time ahead. This year we are hoping to be able to have an Easter party and ARCH, where we are based, celebrates its 20th year anniversary and we are planning a commemorative event to mark the occasion.

As is usual this time of year we are getting the garden ready and preparing our vegetable beds for planting, last year we grew strawberries, carrots and lettuce. Who knows what we can achieve with our gardening prowess this year!!

We are looking forward to getting out and about again with our walking and cycling groups and we will be re-starting our camera group exploring the local area.



Malcolm & Rainbow start the day with a cuppa

The crocuses are looking picture perfect



The Leaning Tower of Jenga



Andy & James take on the Jenga challenge



Jeff enjoying his lunch

## SERVICE MANAGERS

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# MORE HILLINGDON

Thoughts in BoB's garden. Things will happen, things I don't like. Causing me pain, but that's just life. Pain is part of life's journey, that I have come to accept. This pain led me to BoB, to spiritual people I have met. I survived my peril and stupidity to find peace and sobriety. I've tried to END IT ALL, sick, tired, constantly in fall. Many dangerous events, surrendered now content. You, in BoB create the light, you make everything BRIGHT! My load you did lighten, I no longer am frightened. So today I will dance, might ask you to twirl – to chance. Silence is powerful – this I know, compelled to tell to others, to show. Silence is golden, or so I'm told, certainly worth seeking, be ye young or old. By **Daddy Paddy**

You don't have to worry, there's a new world going well you've got to believe. You see the light of day. But then the fire starts to burn, until there's nothing left to burn. I'm on fire for the winter and the walls come tumbling down and the world starts to turn. Step to the rhythm of the drum there'll be no return. We all need a little time, the world keeps turning now. Not a single word is heard, it may be an answer, nothing changes but the song. Doesn't really seem so strange all is gone before the dawn and freedoms reign is never heard, in the name of the Lord But a voice in the wind is heard it may be an answer, nothing change but the song. All is gone before the dawn, it's gonna carry us through, to bring me back where I belong of the freedom will not be forgotten. By **Jasmine Campbell - BoB**

Deal with it! Good and bad things happen in life even to the best of us, believe it or not. From friends and family, I've heard the same, "Oh but didn't you know, you're not always to blame?" You can't control everything. In the brightest of days and the blackest of nights, from the deepest of thoughts to the scariest of sights. Life is full of surprises, you don't know what you will encounter everyday, you just have to face the challenges life has to offer. Life is too short, life is magical. One day is magical, but sad the very next. Learn lessons of life, experiences they speak. So, why? I wonder, why should we be afraid of living? By **Jasmine Campbell - BoB**

## THURSDAY

11am - 3pm - gardening group @ ARCH

11am - 3pm - drop-in

## FRIDAY

11am - 3pm - gardening group @ ARCH

12pm - 3pm - X-Box

11am - 3pm - drop-in

## SATURDAY

11am - 3pm - BoB social club  
@ ARCH. Tea, coffee & sandwiches.

Board games, quizzes and bingo

## SUNDAY

11am - 3pm - BoB social club @ ARCH. Tea, coffee & sandwiches.

Board games, quizzes and bingo

12pm - 1pm - SMART meeting

1pm–2pm meditation

(needle exchange available throughout the weekend)

**Tuesdays & Wednesdays BoB is closed**

## EVERY SYLLABLE

The moral and the principle make the individual.  
I hang on every syllable of "rhyme writing rituals"  
From analogue to digital the situations "critical"  
No longer difficult or should I say "habitual"  
Increase the syllable, refillable pen  
So, I can write a mood every now and again  
Hear the sound of the silent page,  
Years have passed now free from the cage.

by **David Wakefield**



# NEWHAM

3 BECKTON ROAD CANNING TOWN E16 4DT

## Newham's week-end drop in service

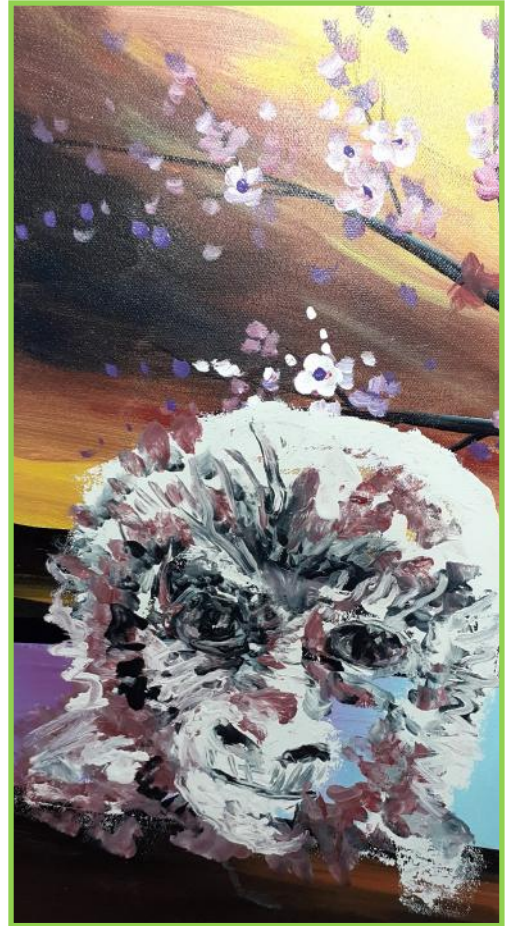
We now have the lovely D who hosts the cooking group and Sunday Sounds working with us in Newham and every Saturday she cooks a lovely meal for the Managers, volunteers and clients which goes down really well. D has become an important part of the team here in Newham and everyone looks forward to seeing what new recipe she will come up with.



Our volunteer Maria has been taking great care of the garden and is now sorting out the front of the building. (see picture below). She works really hard and needs no supervision she really just gets on with whatever needs doing.



I would also like to take this opportunity to say a big Thank You to the 2 lovely gentlemen in the picture above who have kindly chosen to help D by donating towards our hot meals that she cooks on a Saturday.



The table tennis and pool are going well and we have an amazing art wall that our Ram oversees, he normally starts it off at the beginning of the month and everyone including the clients who attend the treatment service during the week are welcome to add to, which makes it a real collaboration from everyone here in Newham.

And of course don't forget Film Night on a Friday 6pm till 8pm

Hope to see you soon and please feel free to pop in and say hello to all of us.

Linda Chan (Lead Service Manager)

## SERVICE MANAGERS

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



This year we in Newham invited the staff and volunteers from our Barking and Dagenham service to join in with our Xmas and awards ceremony. We also had Sonia Mills, a Manager at our senior partners service in Newham from CGL and the lovely Parice Vandebussche, the new BRICC co-ordinator attend as they work very closely with us. Of course, we had our very own C.E.O Tim Sampey attend. He very kindly agreed to hand out our 2 awards after the Xmas lunch. The lovely Laurence Foy from Acorn hall visited as well and a great time was had by all.

I would like to this opportunity to thank the lovely D, who runs our cooking sessions on line, for all of her help in getting the food ready I can't thank her enough.

Ram the games master took charge of the entertainment, he organized a small pool event and some games. You really should attend some of his games sessions to see him in action if you have not already done so.



Lisa Holt receives her award from Tim Sampey for all of her hard work and bravery in returning to volunteer with us again. Unfortunately our volunteer of the year Jackie Loryman was unable to attend the Christmas dinner. Big Congratulations!!



Hi, title it as a working wall of art, each week a new person adds a new part. Expected time of finish will be 4 to 6 weeks. This way you can use them as individual pictures or as the whole sequence of how it was built up



Art by Dulce Santos, Newham volunteer.

# BARKING & DAGENHAM

44 ST LUKES, DAGENHAM ROAD ESSEX RM10 7UP



Spring pool competition at Saint Luke's Sunday, the 20th of March 2022°

## Opening times

**Saturdays** 11-3pm Drop in.

Core Workout 1-1-30pm

Gardening Club 11-3pm ( Photography session out in the Community )

**Sundays** 11-3pm Drop in

Community walk over at the Chase 1-3pm

(Face Painting etc out in our Garden section) Garden Club 11-3pm.

We are also advising on how to 'Cook on a Budget' and how to 'Manage your Bills' etc for the forthcoming potential rise in Utility Bills etc.

**Easter weekend:** as normal

Good Friday and Easter Monday 11 till 3pm.

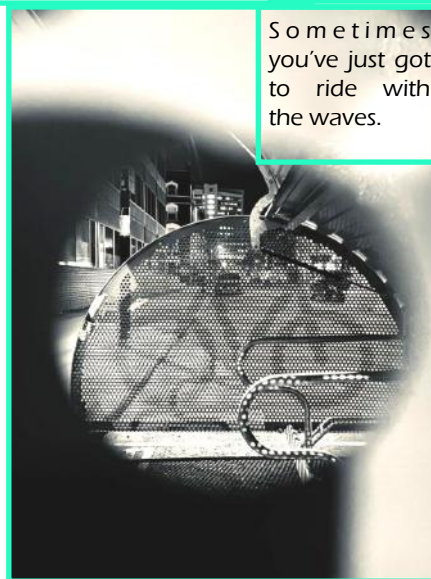


David represents Barking and Dagenham at 2021 BOB Awards Ceremony at the Royal Borough of Kensington and Chelsea Town Hall.

A lovely plate of coleslaw. Now summer is on it's way it's time to swap comfort food for lighter, healthier options.



Sometimes you've just got to ride with the waves.



## SERVICE MANAGERS

David Hibbert

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

Barry Forest

07872002247

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



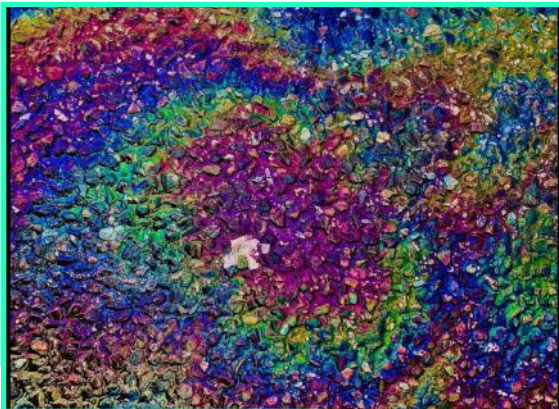
# STUNNING RESULTS FROM THE - NOT JUST PHOTOGRAPHY GROUP

## Get Creative!

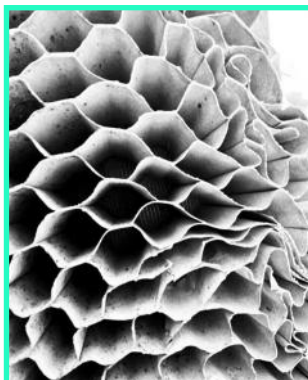
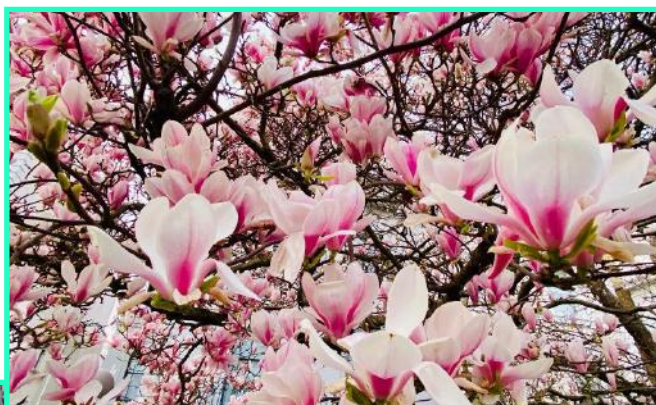
It's not just a photography group, it's more, much more than that.

Photography /walking / nature / editing group.

Below: The lovely, Ron and Rosie the dog in the basket on the bicycle. Neighbours of Saint Luke's on a spring day.



The petrol prices went up recently but we still found the beauty of it all.



Are you able to contain your emotions or are they just too muchoo much?

Your mind is a complex piece of art but don't forget the strength in your heart.

A robin's pin-cushion

Thistle. Sometimes we just need to protect ourselves



# HARROW

44 BESSBOROUGH ROAD HARROW HA1 3DJ



The Harrow BOB **Volunteer Awards Ceremony and Christmas Party** was extra special this year because of the lack of social contact during the pandemic. Volunteers organised the special day, blowing up balloons, scattering glittery stars, pinning up decorations and decorating a Christmas tree illuminated by fairy lights. Sam donned his Santa suit adding an extra festive feel. We had quizzes with prizes, people spent time chatting and catching up. The pizzas went down a real treat and we finished off with an obligatory mince pie and cream.

**Volunteer Awards**, A Big Congratulations to our winners...

**Volunteer of the Year—Mandy Boltman** , who rises and meets every challenge.



**Best New Comer—Shane Mannion** , A Star is born.

**Community Engagement—Sam O'Brien**, Highly valued and respected member of the team.

**Long Service and Good Conduct - Derek Hart**, facilitator of the guitar workshop for his reliability and personality, both of which help keep the guitar workshop an asset to the Harrow service. .

Thanks to our remarkable Dipty who negotiated donations for the Christmas party. This helped us to say thank you to the Harrow clients and volunteer team. It was a great event everyone enjoyed meeting up for festive fun. Tim Sampey attended the Awards party to offer a personal thank you to Harrow Volunteers for sticking together and helping to provide a safe service for clients, during the times we were allowed to open over the past two years. A great end of year celebrations. Check out Harrow BoB and you will be invited to events and celebrations throughout 2022.

**Saturdays and Sundays** we open 11-4pm and offer art facilities, swing-ball, crosswords, quizzes with prizes, board games. Free refreshments & toasties.

Saturdays includes Guitar Workshop 11-3pm. Sundays we hold a Reading Group 1.30pm.

On Fridays - Guitar Workshop in the Park 11-2pm. Harrow Recreational Grounds opposite Morrison's

The Community Gardening Group meet up on the first Monday of each month and the third Friday of each month. Meet at the pavilion café at 2pm.



**Reconnection Walk:** As 2021 drew to a close the Harrow service met up with other BoB services for the Reconnection walk in London to raise awareness and money to support the continued good work BoB do. Fancy volunteering at Harrow? Contact Helen or Simon.

Interview with Ben Thomas chef, student and ex-volunteer at Harrow:

**Why did you engage with BOB and start volunteering?** Engaging with BOB is a good way to remind myself to keep from using drugs so I then do not put myself at risk of my own destitution and depravity. I started volunteering at BOB because I found it helped me in my life to control my thoughts and feelings associated with my drug use.

**Do you think you are better equipped to work on your recovery since volunteering with BOB?** Yes, I feel the service provides more reason to stay clean and this has helped when thinking about using. I have learnt and developed new thought processes which assist me if negative or using thoughts come in and try to tempt me.

**Name one tool you have picked up from BOB?** Meditation technique.

Thanks to Ben T for taking time out to answer a few questions.

## SERVICE MANAGERS

Helen Hayden

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Simon Bellord-Bull

07511 403 465

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





Katy visits Harrow with homemade cakes.



I am pleased to announce WDP Harrow now publish their own newsletter. Below is some of the content which can also be found on their website.

In 2022, the WDP Harrow team will be producing up to date newsletters which contain useful information about what is going on at WDP Harrow (e.g. service user involvement, online/face to face groups, Capital Card events etc). If you would like to contribute to the WDP newsletter, please do not hesitate to contact us at [Harrow@wdp.org.uk](mailto:Harrow@wdp.org.uk) or speak to your Key Worker.



Harrow Recovery Centre Groups Timetable Our specialist groups online via ZOOM. Please request invitation from your keyworker. They do not run on Public Holidays.

Monday: **Women's Group** – 11.30 – 12pm, **Family & Carer Group** – 12pm – 1pm, **Managing Emotions** – 12pm – 1pm, **Tuesday Alcohol Group** – 12pm – 1pm

Wednesday: **Alcohol Brief Intervention Group** – 1.30pm – 2.30pm

Thursday: **SMART Recovery Group** – 12pm – 1pm

Friday: **Recovery Maintenance (abstinence)** – 10am – 11am, **Dual Diagnosis Group** – 11.30 – 12.30



Please note that we are planning to return to face to face groups while still keeping Zoom meetings at the same time to provide flexibility in options available; 20 Capital Card points for attending.

Service User Involvement The Service User forum at Harrow aims to provide a place for service user to learn about new developments and provide feedback about services. The Service User Forum takes place the last Friday of each month. The next forum will be on: Friday – April 2022 at 1:30pm If you would like to be added to our mailing list so we can provide you with up-to-date information about the service, please email us at [Harrow@wdp.org.uk](mailto:Harrow@wdp.org.uk). For more information about WDP Harrow, visit <https://www.wdp.org.uk/harrow>

WDP offer NOVA, NEXT STEPS COURSE, PEER MENTORING COURSE.

Capital Card & Pop Up Shop: The Capital Card® is an award-winning reward card scheme which empowers WDP's service users and helps them on their recovery journey. The scheme rewards and incentivises service users engagement through a simple earn-spend points system. They can earn points by attending appointments or engaging in treatment, and then spend their points on positive activities in their local community, such as the cinema or gym.



The Pop Up shop is held on once a month on a Thursday from 11am - 1pm. A wide range of high-quality goods can be purchased using your Capital Card points. To learn more about the Capital Card shop and how to earn points, please speak with your keyworker or call Philip on 07918764574 for further details. The Capital Card is unique to WDP. It will give you access to gym, theatre, cinema and more. Check out WDP website.

## FINOLA'S STORY

I HAD ALIENATED EVERYONE I CARED ABOUT AND I WAS EVEN GETTING FED UP OF MYSELF



So recently my Facebook memories reminded me of a date 10 years ago, the day I took voluntary redundancy from a job I had for over 14 years. This redundancy for me marked the end of an era but in reality, the end happened some months before.

Let me explain, I started care working when my son was younger, as a single parent the job fitted in well with childcare and holidays and weekends when he was with his grandparents I could work extra shifts. I was a support worker for adults with learning disabilities and I loved my job. I gradually worked my way up to Senior support worker and then I gained my registration for care home manager. I was proud of what I was achieving and gained a lot of job satisfaction.

During this time as in everyone's lives there were good times, bad times and terrible times but we survived and as long as work was going well I had some control in my life.

A particularly hard time was in 2004 when my mother died. Around this time, I transferred from working in learning disabilities to managing a mental health service with the same company. The majority of people my company supported had learning disabilities and lived in residential supported housing, and the mental health side of the organisation was in its early days. I was excited to be part of the development of the Floating Support service and thoroughly enjoyed being involved and getting to know the individuals I would be supporting who all lived independently. It was a new challenge and I loved my new role and everything I was involved in.

This period continued for a few years and I learned so much. Around 2008 a new senior manager joined the company and it seemed she took an instant dislike to me and almost immediately her bullying started. Don't think I was an easy target, I was an established union rep and very settled in my job and my service but she was very clever and it was incredibly hard to prove anything, her approach was insidious and she managed to get under my skin and over time I was gradually breaking down. I often questioned if I was imagining it as even saying it out loud sounded ridiculous. I began proceedings to lodge a complaint and was represented by a union colleague. To cope I was drinking more, up to this point I was very likely a functioning alcoholic but I would never jeopardise my job and my drinking was very controlled, however now it was becoming a necessity. I would go straight to the pub after work, then to the off license and not sleep until I passed out. This often led to me being late for work, not turning up smart and not completing tasks. The turn over from functioning to barely coping was only a matter of weeks. I felt I was losing control. I had a particularly bad day coming up and I was dreading it so I drank before work – not my usual habit. My partner advised that as I had a lot to drink and maybe I shouldn't go in but I insisted I was alright. It was inevitable I was going to get caught and I wasn't in the office half an hour and I was suspended on the spot.

Bad luck and maybe the alarm call I needed?? No, I went straight to the pub where I sat and cried into my many glasses of wine before I eventually decided to go home to my long-suffering partner who was at his wits end.

This kind of lost me any chance with my bullying case, I was a drunk, case dismissed. My self-belief was by now non-existent and I felt I deserved the worst of what was to come.

14 years I had worked so hard and built up a good reputation and now I had basically flushed that reputation down the toilet. I was inconsolable and closed to any reason or logic or figuring how to make my situation better. All that mattered now was drink and more drink, it wasn't like I had to get up for work in the morning was it?



I served my time in suspension, got myself signed off sick – sick with shame! and tried to avoid returning to work. By this stage they had decided I would not be returning to my service but would be redeployed, that was the final nail and I was completely broken. Someone else would be doing the job I loved and had thrown away.

Throughout this I had a wonderful human resources manager who supported me brilliantly and when the chance to take voluntary redundancy came up she asked if I was interested. By this stage all I wanted to do was run as far away as I could.

Redundancy was a perfect excuse to drink more and wallow in my self-pity. Fast forward 18 months and as you can imagine I was not doing at all well and after a suicide attempt which I can now recognise as a cry for help I was directed to the local drug and alcohol support service now known as ARCH. The time was right for me and I embarked on my recovery with gusto, I had no choice I had alienated everybody I cared about and I was even getting fed up with myself. I was allocated brilliant keyworkers and found the peer support a great help and I was involved from the beginning and began my volunteer training once I reached my 6-month sobriety.

Things were changing at the service and Build on Belief (BoB) were going to be coming and taking over the volunteer and peer support part of the service. The current group of volunteers and service users were dubious, no one likes change and BoB were unknown to us, we were concerned as volunteers we would lose the groups we had developed and the trust we worked hard to achieve. We needn't have worried; the transition was seamless and BoB brought new opportunities and worked with us to maintain what worked well and change what didn't.

It wasn't long before a manager's position at BoB Hillingdon came up and I was encouraged to apply. It had been a long time since I had been in the workplace and I wasn't sure I had the confidence. I decided to go for it, I loved what BoB stood for and I believed we worked well to support and maintain individual's recovery.

Being a BoB manager can be a privileged position, we are well placed in the service to spend time with individuals and support them through some pretty tough times, the service changes all the time and people move on but the part that never changes is the belief in each other that we are all worthy of a better life, we are all capable of success and no matter how tough things are you will always find the support and experience you need.

Working for BoB at ARCH helps me every day to maintain my own recovery and to value it. I love my job with BoB and I work with some amazing people, everyday. We have come through a difficult period but we continue to work together and support each other.

I have now been a sober for over 9 years and throughout this time I have faced challenges but I have my coping strategies and support network to keep me grounded. I also find my work keeps me focused and being able to do

this job means my own recovery is foremost in my mind.

**Finola Sullivan** – Service Manager – BoB Hillingdon



## MEET THE TRUSTEES - PART TWO



Alex

Following on from part one in the winter 2021/22 newsletter.

I am pleased to introduce more of our wonderful 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.

**Alex** is an addiction recovery coach, a business coach and a marketing consultant. Following a long corporate career, he now helps individuals to overcome their drug and alcohol problems; and works with businesses to improve individual, group and business performance.

**James** has been a trustee of Build on Belief since February 2018. He currently works at HSBC, where he is Chief-of-Staff to the Global Head of Communications – focusing on strategy and planning, operational execution, internal and external communications. He has also spent time at an African development charity, working for a think tank. James is a governor at a school in Tower Hamlets. His weekends are often spent on the phone trying (unsuccessfully) to get 11 players out on the pitch for his Sunday league team – or in motorway service stations on the way to watch Arsenal lose away from home yet again.

James



Naetha



**Naetha** joined Build on Belief as a trustee in December 2020 and brings a variety of personal and professional lived experiences, including qualifying as a Licensed Chemical Dependency Counsellor in the USA and being a Recovery Coach, trainer & facilitator of Recovery Coaching. Naetha brings a new perspective from her experience with Recovery Communities in the USA.

My name is **Karen Brown** and I am the **Operations and Training Manager** at Build on Belief.

Like most of the BoB family, I have my own experience of using drugs in my younger years. I spent a lot of time going to clubs, mostly whilst under the influence of psychoactive substances. This caused me to live a chaotic life and led me to make some questionable life choices, including living in a squat with other disorderly individuals. I was able to move on from this but I saw a few people fall by the wayside, which was sad.

**Email:** karenbrown@buildonbelief.org.uk **Mobile:** 07542 023953



This month, we sadly wave goodbye to Annette Dale-Perera as trustee for Build on Belief as she disappears off to Qatar to continue her adventures in the international world of drug treatment.

Annette was a friend of the organisation when it was still known as the SUDRG, back in the distant days of Drug and Alcohol Action Team in local authorities and was happy to become a trustee when we created the charity Build on Belief. Annette's extensive experience in the treatment field has been of enormous value to the staff team, and the Chief Executive especially, in helping us navigate the minefield of turning a small peer-led project into one of the oldest and most well-established Lived Experience Recovery Organisations in the country. Build on Belief has always been a collective effort and Annette's enthusiasm for what we do, coupled with her willingness to be a 'critical friend' when necessary, has been invaluable in getting us to this point. We couldn't have done it without you!

We therefore thank you Annette whole-heartedly for the time, energy, and effort you have put into your role as a trustee and wish you the very best on your travels.



## IN MEMORY OF OUR TRUSTEE, COLLEAGUE AND FRIEND CHRIS WAIT

Dear Readers ,

Very sad news, I can definitely say Chris Wait has been the main factor in me getting clean and gaining employment. I met him a few years ago as a client going to service users meeting as he was the service users representative. He asked me if I would like to train up to become a rep\*. This was followed by him getting me the job as a area rep with CGL\* and CNWL\*. Additionally, he mentored me for two years on my management in health and safety course level 5, this was the first course I had ever done and it involved 21 papers for all of which I got merits or distinctions except 6 passes. I also got student of the year and student with the most outstanding collaboration which was also organised by Chris. I did my collaboration with Public Health England on the opioid substitute treatment program. There are many stories I can tell about every situation but one that stays in my mind every time I would submit a paper to moodle for marking it would tell me if I had done any incorrections, one day it marked that me using the word ladies as a plural was incorrect, everybody I asked including the teachers nobody could figure it out, why this was wrong. I then asked Chris Wait who explained to me that when you are using international signage the plural for ladies is spelt lady's as in lady's toilet. I personally have never met anyone with more knowledge and the ability to recall information at will, a humble gentle sincere soul who gave his all in service to others.



Raman Nijhawan

Service Manager & Online Facilitator

Thank you Ram for sharing your lovely memories of a great man and a great friend of BoB.



Linda Rose with Rob Demaque

## AU REVOIR LINDA ROSE

Linda Rose joined Ealing BoB in 2012 as a volunteer. After applying for a post became manager in 2015 and subsequently Lead manager in 2020. Working alongside Linda Chan and Rob DeMaque, they became a formidable force. Linda leaves a creative legacy behind. A couple of times Linda's impressive constructions were exhibited at the DDN Conference in Birmingham. BoB's table would draw in the crowds. These were homemade interactive information .

Linda won the prestigious Kevin Plunkett Award for her hard work, professionalism and ability to inspire others. Ealing clients were encouraged to take up art and get creative.

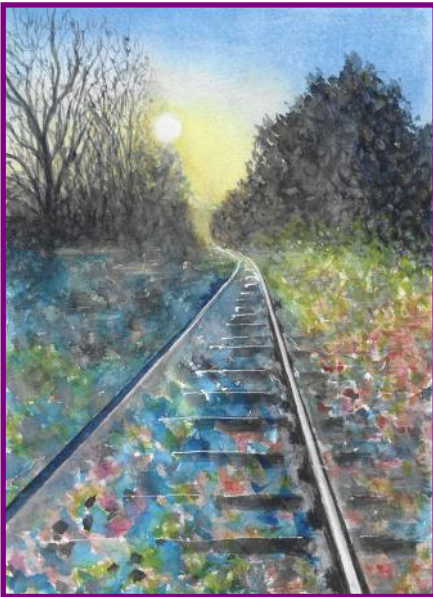
Part of the experience of BoB is to witness a peer's successful BoB journey. Linda is well equipped to enjoy her retirement.

We'll miss you!

## OVER TO YOU

There's a painting called 'The Journey Ahead' with which I have written a poem (about colours). I've also attached an artwork called 'The Balanced Mind,' which I did in response to one of the topic based recovery support groups. The topic was on decision making. As well as making this, I wrote a poem before the group and a poem after the group on decision making. I hope you enjoy them.

Name withheld



Bountiful colours  
simple yet complex,  
each tells us a story  
one day to the next

Some dark and sombre  
to fight and trudge through,  
others more neutral  
neither light nor like glue

Others bright and cheerful  
to lighten the mood,  
floating to freedom  
optimism ensued

Some give us excitement  
as they glimmer and shine,  
a catalyst to action  
pursuing cloud nine

Though bright can be glaring  
that clashes and jars  
anxiety provoking  
potential to scar

Each colour is different  
for each person, each day,  
which lense we are looking  
through  
and what it portrays

All are important  
each tone and each shade,  
a blanket of richness  
around us displayed

From black there comes white  
from war you find peace,  
and red compliments green  
guiding anger to cease

They each have their place  
outside and within,  
to ensure natural balance  
the yang and the yin

Where do I go from here?  
I got lost again  
Shame feels like heavy knives  
The weight of the world  
On my shoulders  
Nobody gets it  
They say all the right things  
If platitudes float your boat, that is  
They mean well  
I think  
Too much  
I sink

Perhaps someone like me is  
Only ever not alone around  
Someone like me  
Where oh where could that  
Safe place  
Be  
Time to get active  
Down to the gym or  
Play some badminton

Nobody cares what I've done  
Everybody cares that I won  
We are all so different  
We are all one  
Build on Belief in the darkness  
Await the rising sun.

By Danny Walsh





### Decisions Part 1

Which way to turn?  
Left or right?  
Black or white?

Within the labyrinth  
complexity increases  
Confusion consumes

Spiralling chaos  
A Whirlwind of thoughts  
Trying to cling on

Scrutinising the options  
Marked divisions  
With muddy edges

No answers forthcoming  
Increasingly blurred  
Identity questioned

Catastrophe lurking  
Uneasy uncertainty  
Frozen and Paralysed

In the spotlight  
Judging eyes  
Who am I to know?

Wrong is no option  
Self-doubt resounds  
Regret abounds

### Decisions Part two

Which way to turn?  
Left or right?  
Black or white?

Oversee the labyrinth  
With a wiser mind  
Take some time

Navigate the tools  
step away from the storm  
Endeavour to breathe

Calm the senses  
Settle the mind  
Embrace the present

Breathe.....

Allow uncertainty in  
A place to shine  
A chance to grow

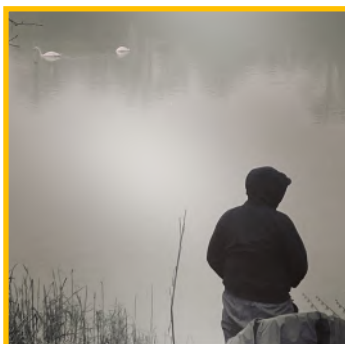
Let go of judgements  
No pros or cons  
But shades between

Expel the doubt  
Make the choice  
Stand firm and strong

No right or wrong  
Relief Abounds  
Confidence Resounds

Name withheld

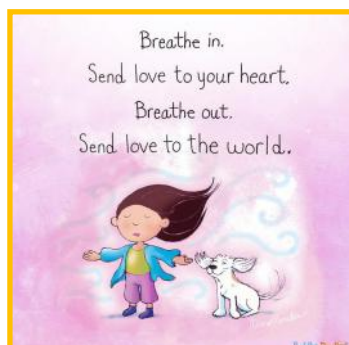
## OVER TO YOU



### The Revised Quest Down The Seasoned Path

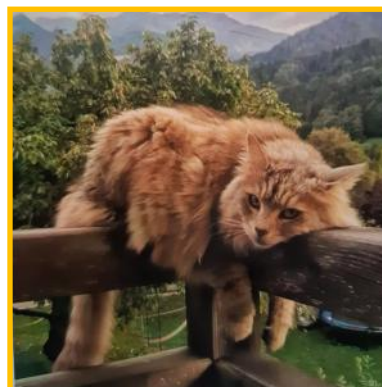
It feels so fresh a revised quest, I'm not in a race competing for the best.

Many new places, I change my faces, tied to my mind like they were shoelaces, that's what the case is live and learn, I see the light and feel the burn, so many things in so many ways, panoramic view of brighter days. David Wakefield aka vigilant verse UK.



"Every morning,  
we get a chance to be different.  
A chance to change. A chance to  
be better. Your past is your past.  
Leave it there. Get on with  
the future part."

— Nicole Williams,



### South of Sadness

Arms too short to box with God Charge my faith  
with a lightning rod A veteran of word and lettering  
Hear the call so I let them in One direction the south  
of sadness Moving on from a life of madness Still so  
much a need to be done Started to walk now begin  
to run.

DW

### Ode to a kiss, Your love I miss

Two hearts beat as one, now you are gone.

From the sadness that resides in me

Through all the pain there is, the feeling and learning  
how to release, set me free.

Keep holding on every day, for what I can't say.

Will it be worth it? I don't know.

It's better to have loved than not, I agree but the pain  
wont go away.

I arrange my thoughts to help me cope

If you don't experience love you wont get hurt but  
that's not what I want. I want your love, while you're  
here on earth. You experience love and then it gets lost  
and leaves a scar in your heart. Don't close yourself  
away, after all would you prefer not to have known  
what love is about, all what comes with it until we  
check-out. So appreciate that pain and remember this  
you have experienced love, you have been blessed.  
Now they are gone they are still live on in your heart  
and when you get up there it will be a fresh start. Now  
that you've read this tell me the truth, what do you say,  
do you think it's better to have loved and lost than not  
to have loved at all?

PJ

### Convivial Light

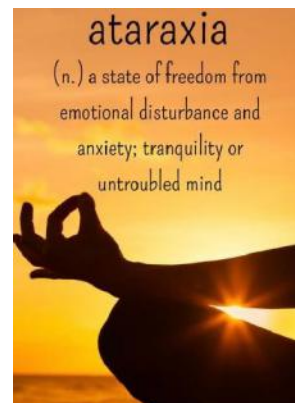
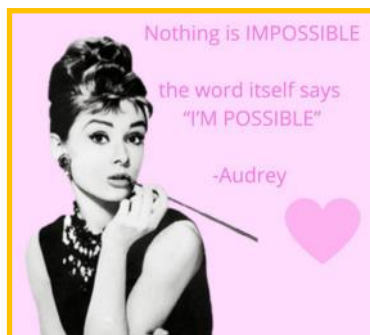
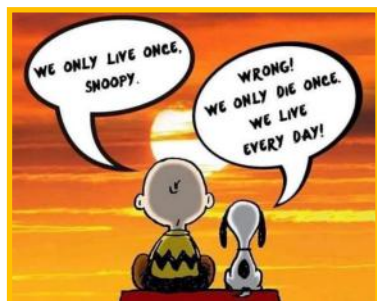
Lines were crossed but nothing was lost Sweat on  
my back like a 'layer of frost' Changing faces for more  
good graces Lost in a world to learn where my place  
is I hope for so much more than a 'perk' Lost in my-  
self where the 'shadows' lurk Gain my sight from pos-  
itive light Feeling warm where the sun is bright

David Wakefield

Vigilantverseuk@youtube Vverse41@instagram

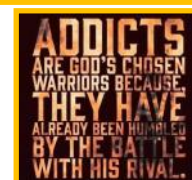
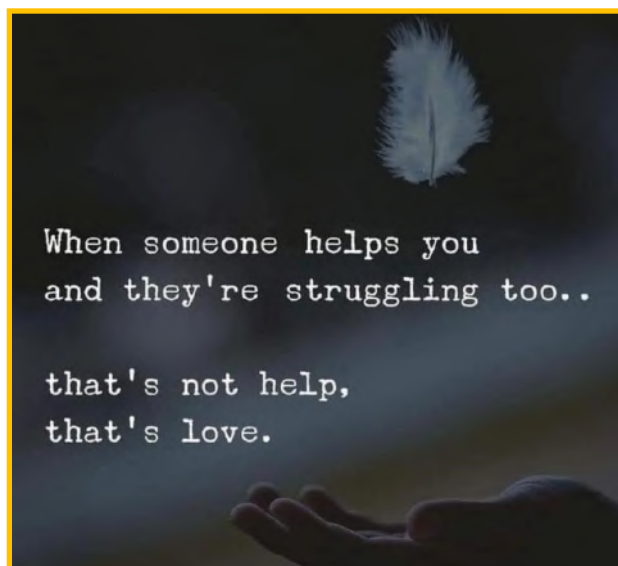
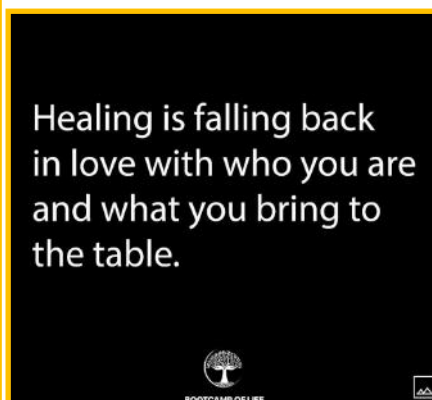
Regret abounds





This is just an extra thank you for all of the help i have received from the staff, volunteers, and all the genuine kind souls that managed to pull me out of such a lonely, dark place. The Christmas party was exactly what i needed to realise what an extended family really means. I feel like i am a tiny cog, amongst all the others beginning to finally turn in the direction that we intended to before we ground to a halt in the first place. I believe that if all of us cogs work together, running efficiently as a well-oiled machine; we have a chance to really 'stick it to the man' by changing, not challenging society itself. I wish I could afford to give more, but you have my word that I will be volunteering at the Ealing branch (Central Hub) in the new year! Have a Merry Christmas! Maxi

MAXI WADMORE



## 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  
[www.sholley.com/](http://www.sholley.com/)

### Barking & Dagenham:

Royal Horticultural Society  
Hyde Hall Chelmsford  
Homebase

### Ealing:

The Felix Trust  
City Harvest

### Harrow:

Zhijun Wang's Tai Chi

### Hillingdon:

Tesco  
Rotary Club of Uxbridge

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

MOBILE: 07597046433

[an Hohmann@buildonbelief.org.uk](mailto:an Hohmann@buildonbelief.org.uk)  
OR VISIT OUR WEBSITE

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

### 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 working day deliver. Our expert clinicians are available to advise and support 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>





## 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/>

**Centrepont-** 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)

[centrepont.org.uk/](http://centrepont.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@hepcctrust.org.uk](mailto:help-line@hepcctrust.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>
Kay France	07739 796047	<a href="mailto:kayfrance@buildonbelief.org.uk">kayfrance@buildonbelief.org.uk</a>

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

Susan Mansour	07872 002246	<a href="mailto:susan@buildonbelief.org.uk">susan@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>
Ellie Williams		<a href="mailto:elliwilliams@buildonbelief.org.uk">elliwilliams@buildonbelief.org.uk</a>
Miles Watson		<a href="mailto:mileswatson@buildonbelief.org.uk">mileswatson@buildonbelief.org.uk</a>

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

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

**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

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** Kensington, Chelsea & Westminster

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

Kevin McAleer	07786648039	<a href="mailto:kevinmcaleer@buildonbelief.org.uk">kevinmcaleer@buildonbelief.org.uk</a>
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**HQ Earls Court**, 69 Warwick Road, SW5 9HB

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Karen Brown	Operations & Training Manager	07542 023 953	<a href="mailto:karenbrown@buildonbelief.org.uk">karenbrown@buildonbelief.org.uk</a>
Ben Houghton	Online Programme Manager	07925 138 103	<a href="mailto:benhoughton@buildonbelief.org.uk">benhoughton@buildonbelief.org.uk</a>



Hope, recovery, community & kinship



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