

# SUMMER 2023



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

## BOB NEWSLETTER

The next front cover  
could be your painting  
or photograph!

Dear Reader,

It's been a while and I hope you're looking forward to this newsletter. There was a lot going on in the last few months and our team worked really hard to support hundreds of individuals through their personal challenges.

We added new activities to our drop-in services, developed BoB's online offer, invented BoB's Recovery Support programme, set up a new Housing Support team in Westminster and provided lots of training to our staff and volunteer team.

Grab a cup of tea, enjoy the read and let us know your thoughts or - and only if you feel comfortable - send us your poetry and art work, if you want it to be published!

### Inside this issue:

A Word from Tim & Contributor's Award	2 - 3
BoB's Online Programme / Social Clubs / Recovery Programme / Housing Support	4 - 25
BoB's In-house Training	26- 27
How can CBT help you?	28 - 29
Food Banks, Bike Ride & More	30 - 33
Creative Corner & Poetry	34 - 37
Extra Stuff & Helpful Contacts	38 - 39
BoB's Directory	40



## A WORD FROM TIM

We take our passion for supporting people at Build on Belief seriously and are always looking for new and innovative ways to develop our service provision. We have always seen our role in the wider treatment system as being the cement around the bricks of the other providers, looking for gaps in the wider system we can fill in, providing new levels of support that will help people reach the individual recovery they are looking for. We think 2023 is going to be an exciting year.

You will read in this newsletter about the exciting Recovery Support Programme we are rolling out in Ealing, lead with enthusiasm by Claudia, as she delivers a range of exciting workshops and one-to-one support sessions which provide the opportunity to explore some of the problems that occur when people reach the end of structured treatment and are wondering what to do next. This is aftercare the Build on Belief way!

Further on you can read about the Housing Support Service we are setting up in Westminster, led by Liam and ably supported by Nicola and Muskaan, who recognise that successful recovery requires somewhere to live and sometimes a little backing up in dealing with the labyrinthine world of the benefits and housing system. You can't go wrong with a helping hand in dealing with some of these things, can you?

As one of the best Lived Experience Recovery Organizations in the country, Build on Belief has historically always been based in London, and why not, it's a wonderful city after all. This year, we plan on taking our unique way of working outside of the city for the first time. Look out for our autumn newsletter to read about some exciting developments coming soon.

We build on belief in each other, our ability to innovate and test new ideas and projects, and in our staff and volunteer teams. I don't know about you, but it looks like it's working to me!

Tim Samey

Chief Executive

Build on Belief



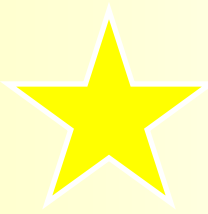


## STAR CONTRIBUTOR

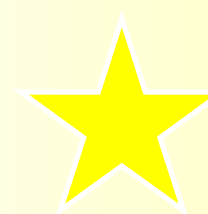


*Emma H. wins a £30 voucher and one of her brilliant pieces of work needed to go on the front cover!*

*We can't wait to see more of your inspiring art work.*



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





# BOB'S ONLINE TIMETABLE

## 7 DAYS A WEEK

If you have any questions around the online programme please call Ben on 07925 138103 or email [benhoughton@buildonbelief.org.uk](mailto:benhoughton@buildonbelief.org.uk). He's more than happy to talk you through!

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 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="#">Art Together</a>	 <a href="#">Yoga</a>  <a href="#">Recovery Support</a>	 <a href="#">BoB Games</a>	 <a href="#">Tai Chi</a>  <a href="#">Riddle Me This</a>	 <a href="#">Saturday Social Club</a>	 <a href="#">Sunday Social Club</a>
1:00 pm	 <a href="#">Recovery Support</a>	 <a href="#">Have Your Say</a>	 <a href="#">Book Club</a>  <a href="#">Pilates</a>	 <a href="#">Culture Club</a>	 <a href="#">Recovery Support</a>	 <a href="#">Creative Writing Together</a>	 <a href="#">Mindfulness</a>  <a href="#">2:30 Chair Yoga</a>
3:00 pm	 <a href="#">Topic of the Week</a>	 <a href="#">Tuesday Social Club</a>	 <a href="#">Exploring Emotions</a>	 <a href="#">Men Only</a>  <a href="#">Women Only</a>	 <a href="#">LGBTQIA+</a>  <a href="#">Whats On The Box?</a>	 <a href="#">Hub vs Hub Games</a>	 <a href="#">Dual Diagnosis Anonymous</a>
6:00 pm	 <a href="#">Play Reading</a>	 <a href="#">Tuesday Tunes</a>  <a href="#">Mindfulness</a>	 <a href="#">Recovery Island Discs</a>	 <a href="#">Recovery Support</a>	 <a href="#">CBT Support</a>  <a href="#">Living With Chronic Conditions</a>		

### 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:

- Book Club
- CBT Support
- Culture Club
- Dual Diagnosis Anonymous
- Exploring Emotions
- LGBTQIA+
- Men Only
- Mindfulness (Sun)
- Recovery Support (Mon, Thurs, Fri)
- Social Club (Sat + Sun)
- Tai Chi (Mon + Fri)
- Topic of the Week
- Yoga
- Art Together
- BoB Games
- Chair Yoga
- Creative Writing Together
- Have Your Say
- Hub vs Hub Games
- Living With Chronic Conditions
- Mindfulness (Tues)
- Play Reading
- Pilates
- Quiz
- Recovery Island Discs
- Recovery Support (Wed)
- Riddle Me This
- Tuesday Social Club
- Tuesday Tunes
- What's On The Box?
- Women Only

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

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

### No data? No problem!

- You can access some weekend groups from your local hub, ask for details!
- Some hubs can even give you data for your phone, ask for details!

 Tel: 116 123



Infoline Tel: 0300 123 3393



Financial Crisis Tel: 0808 2082138

### ONLINE PROGRAMME MANAGER

BEN HOUGHTON

07925 138 103

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



## LET'S CONNECT!

**Need help to join over  
34 online support  
groups, 7 days a week?**



Your local hub\* can help with:

- Getting you data!
- Joining groups using the hubs computers!
- Or setting up your personal device!



*"I just joined BOB online 2 weeks ago and you have no idea how thankful I am to be here. Being able to meet a bunch of lovely and supportive people changed my life. The groups are really important to me, especially in my recovery journey. it's like my 2nd family and I love it a lot" – group participant*

**Over 168 people since January 2023 can't be  
wrong!**

*\*Participating hubs only, dependent on capacity*

# ACORN HALL

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

## CURRENT OPENING TIMES AND ACTIVITIES

### Social Club

1 pm to 4 pm Saturdays and Sundays

**Art Group** - both days

**Barber** - Saturdays

**Beautician** - Saturdays

**Sewing Group** - Sundays

**Yoga** 11 am to 12.30 pm Saturdays

**Foodbank** 2 pm to 3 pm

Collect ticket in the morning, food goes before 3 pm.

### Badminton

3 pm to 5 pm Wednesdays

12 pm to 2pm Sundays

No previous experience needed - All are welcome.

Harrow Club, 187 Freston Road, W10 6TH

### New things in Acorn Hall

We are excited to introduce **Zara**, our newest addition to the Acorn Hall team. Since joining us, Zara has garnered nothing but glowing reviews from our service users. Her **nail and eyelash** services have gone down a storm.

Our service users have shared their delight in waking up the day after their treatments, feeling a renewed focus on self care. At Acorn Hall we believe in the power of self care to uplift and inspire. Zara's services have acted as a catalyst for our clients reminding them of the importance of dedicating time to themselves. The pampering they receive during their sessions with Zara has given them a much needed boost both in their appearance and overall well-being.

At Acorn Hall, our amazing **barber Anaas** is one the stars of Saturdays. His unrivalled talent has made him the go to choice for clients seeking exceptional haircuts. The demand for Anaas' services is through the roof leading us to implement a careful scheduling system to accommodate everyone's requests. The atmosphere on Saturdays is buzzing with excitement as clients eagerly await their turn in the chair. With his attention to detail and friendly demeanour he consistently delivers incredible results that leave clients looking and feeling their best, all contributing to their self care journey.

### SERVICE MANAGERS

Laurence Foy

07505 058250

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

Najat Ali

07840 849205

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



Rajayoga Power Transcendental Meditation UK Ltd Community Services donating food to our service in Acorn Hall



# ACORN HALL

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

## More new things!

We are excited to introduce our **crochet and knitting class** in our social club, led by our talented facilitator, Marie. Members have embraced the class with enthusiasm, fostering a vibrant and creative community. Marie's expertise and guidance have empowered participants to learn new skills and create beautiful projects. The class provides a nurturing and inclusive environment, allowing members to express their creativity and find relaxation. We are grateful to Marie for her dedication and we look forward to the continued growth and success of the class as members develop their skills and build meaningful connections.



## Oldies but Goodies

Acorn Hall's art room, a sanctuary where you can escape the hustle and bustle of the main area and join Jon our art facilitator for a friendly chat while indulging in the pleasure of drawing. The atmosphere here is one of tranquility, providing the perfect backdrop for your creative pursuits. Unlike a formal setting the art room encourages a relaxed and comfortable vibe. It's a place where you can let your guard down, engage in meaningful conversations and let your imagination run wild. So take a moment to unwind and let the peaceful ambiance of the art room inspire you as you enjoy the company of Jon and explore your artistic talents.

Our Bingo is run by our veteran volunteer Jenny on a Sunday afternoon. It's a fantastic opportunity to gather, connect and have a blast. This social event is all about fostering togetherness and as everyone collaborates to play the game and potentially snag some awesome prizes. Not only is it a fun filled experience but it also gives your mind a workout, keeping those cognitive gears turning. With around 35 regular service users joining in it's evident that Bob's Bingo on a Sunday afternoon is a hit that keeps on giving!

# EALING

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

## CURRENT OPENING TIMES AND ACTIVITIES

### BoB's Social Club

Monday, Wednesday, Friday, Saturday & Sunday from 10 am - 3.30 pm

### Food Bank

Saturday 11 am (First come, first served)

Boxercise Mondays 12 -1 pm (see below)

Recovery Gym Friday 11-12 pm (Starting July 2023 – speak to Rob for more information)

### Recovery Support and Coaching Course

Tuesday 10.30 am - 3.30 pm  
(Rise Central Hub, West Ealing)

Wednesday 10.30 am - 3.30 pm  
(Rise Dominion Centre, Southall)

Please find more details around the recovery programme on the next pages!



## POOL

Pool is very popular among a lot of service users – whether they are fiercely competitive, practising their skills, having a relaxing game with a friend or chatting with BoB staff and volunteers whilst playing – the table is always busy.

Thanks to Clare Brighton (Drug & Alcohol Programme Manager, Ealing Council), Simon Holmes (Service Manager, RISE) we were able to get a new pool table.

## BOXERCISE

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



## SERVICE MANAGERS

Susan Mansour	07872 002246	<a href="mailto:susanmansour@buildonbelief.org.uk">susanmansour@buildonbelief.org.uk</a>
Rob Demacque		<a href="mailto:robdemacque@buildonbelief.org.uk">robdemacque@buildonbelief.org.uk</a>
Claudia Alexander	07739 796047	<a href="mailto:claudiaalexander@buildonbelief.org.uk">claudiaalexander@buildonbelief.org.uk</a>



## CHRISTMAS 2022

I know that it is a little late (or too early) to talk about Christmas, but it was lovely to have a party on Christmas Eve for those who were not able to have a family Christmas in 2022, so we wanted to remember it. We also had a resident DJ thanks to one of our service user.



## VOLUNTEER AWARD

Every year BOB celebrates ALL its volunteers but each service nominates someone to particularly honour. For Ealing, it was **Angela**, who received an award for being the Best Newcomer, having thrown herself wholeheartedly into 3 days of BOB and is well loved by everyone.



## SERVICE USER FEED BACK MEETING

BOB is a socially based peer led organisation, so we want to hear from our service users and volunteers about the service we provide for them and to make sure they are included. We invited a group to come together to hear their opinions and have lunch together.

Everyone said how much they appreciated BOB and that it was a safe and welcoming space for them and gave some helpful suggestions about how we can be even better. Thank you to everyone who attended.

## COMPUTERS ARE AVAILABLE FOR SERVICE USERS

We are very pleased to be able to offer free access to the internet and now have 3 computers available for BoB Service Users, so they can access BoB's online programme, check emails, paperwork, social media, etc and they can also access CGL's on-line resources, including being able to register themselves for the treatment service. Our staff and volunteers are on hand to help those who are not familiar with the technology.

# RECOVERY SUPPORT PROGRAMME EALING

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

## RECOVERY SUPPORT PROGRAMME WITH CLAUDIA

Since I started running the recovery workshops at the end of March 2023 it has grown quickly in attendees who come each week. We now have 9 regular attendees, including one volunteer, who also engage with one-to-one sessions and have been setting and completing their goals.

The recovery workshops are a safe and supportive space for individuals who are recovering from addiction and or mental health issues. We have a mix of people on different recovery journeys and the course reflects that "one size does not fit all".

- We help individuals gain insight and understanding about their addiction and/or mental health issues.
- We provide education about addiction, mental health, and other practical topics.
- We offer tools and strategies for managing day to day life, cravings, triggers, as well as challenges associated with ongoing recovery.
- We encourage individuals to develop healthy coping mechanisms and self-care practices.
- We encourage building healthy relationships.
- We provide support in one-to-one sessions including setting SMART goals.

We have introduced the 'Buddy System' alongside the workshops. The purpose of this is to provide individuals with a supportive relationship with someone who understands the challenges and struggles of addiction ensuring support, safety, and encouragement to attend appointments, activities, or mutual aid meetings.

Having a support system can help individuals feel less isolated and provide them with the encouragement and motivation they need to continue their recovery journey.

Call Claudia to sign up for the Recovery Support and Coaching Course:

- **Tuesday 10.30 am - 3.30 pm (Rise Central Hub, West Ealing)**
- **Wednesday 10.30 am - 3.30 pm (Rise Dominion Centre, Southall)**

Topics include: self-help, therapy, coping, relapse prevention, and more.

The course is currently being prepared to go online, from October, as a weekly one and a half hour session.

You can find Claudia's contact details below. She's happy to talk you through!

### RECOVERY SUPPORT COACH & TRAINER

Claudia Alexander

07925 138 110

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



## 26 RECOVERY SUPPORT WORKSHOPS TO SUPPORT YOU ON YOUR INDIVIDUAL RECOVERY JOURNEY

COME & JOIN US - YOU'RE NOT ALONE.

Introduction to the programme	What is recovery & Addiction/ Mutual Aid?	Stigma	Personal Development	Building a support network
Relationships with Family and Friends.	Co-dependency/ behavior	Looking after a home	Understanding benefits	Nutrition
Cooking on a budget	Enjoying exercise	Learning to relax	Exploring emotions	Who am I now?
Forming healthy habits	Love & intimate relationships	Developing self-compassion	Managing risky situations	Budgeting & finance
Learning styles	What do I want to do next?	Volunteering/ working in the field	How to get a job	Workplace skills
Exiting the programme				



Every Tuesday and  
Wednesday  
10.30—3.30pm  
&  
Pizza for lunch!



# HARROW

44 BESSBOROUGH ROAD HARROW HA1 3DJ



Team Harrow

## CURRENT OPENING TIMES AND ACTIVITIES

Please come and join our BoB Team of staff, team leaders and volunteers who run the Drop-in at VIA Harrow,

**Saturday and Sunday from 11am to 4pm.**

BoB Harrow, although our smallest service, offers lots. Situated in a quiet part of Harrow, we run a number of activities as well as the usual BoB Drop-in staples. We provide sandwiches, tea and coffee, and have hot food and pastries on a Sunday.

Mandy, one of our amazing Team Leaders, offers free haircuts by appointment.

We continued with our Guitar group, where anyone can come along to play on Saturday's from 12pm to 2:30pm. Although Derek is greatly missed.

We have also designed a rota, for all our other activities, including: Arts, Wellbeing, Newspapers and Magazines, Board Games, and Book groups.

We also signpost service users to our Online Programme which runs 7 days a week.



If you are living in the area, why not pop by and have a chat with our team!



### SERVICE MANAGERS

Karen Ricketts

07925 138102

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

Simon Bellord-Bull

07511 403465

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

We have had many good times and lovely activities at Harrow BoB since the last Newsletter: From a party day with the guitar group supplying us music, to a jaunt to Harrow Rec Park for the Coronation, as well as many trips out into London and the wider community.

We also have a regular arts group, discussion groups on various topics, from Recovery to LGBTQIA+ and a new fitness instructor, all of these groups run once per month.



The guitar group play outside at the Harrow do.



A few of us went to the Art Gallery, for Culture and sights.



Another outing ready to depart from Harrow-on-the-Hill station



A birthday celebration at Harrow BoB!



A coffee break in the city!



*More smiling, less worrying.  
More compassion, less judgment*





# NORTHWICK PARK HOSPITAL

WATFORD ROAD, HARROW, HA1 3UJ

The new year saw the beginning of a **new drop in service in South Harrow** managed by our Peer Support and Mental Health Workers. After staying at the Carramea Centre since April 2022, our numbers attending the **Wednesday Drop In** continued to rise and we began to run out of room. Consequently, we had to begin searching for new locations with a larger space and more facilities to continue expanding!

As a team of both Peer Support workers at Northwick Park and Social Prescribers at Bentley House we decided to collate and work together on a Wednesday. This allowed a steady increase of numbers as we now have service users being recommended the drop in from both sites.

We are now based at **South Harrow Christian Fellowship**. Which is a 3 minute walk from South Harrow tube station. This new location provides a very spacious church hall as well as a kitchen area with all amenities. It has been the perfect upgrade to our drop in service and we are continuing to see new service users each week.

## CURRENT OPENING TIMES AND ACTIVITIES

Drop-in opens every Wednesday from 10.30-2.30pm

### Arts and Crafts:

We have an arts and crafts group, run by Ersilia Rosso. This group was very popular and several service users were interested in getting involved each week. A table is set up where colours, paints, pens and paper are always available to the service user. Ersilia brings different tasks each week. Most recently, she taught service users how to sketch a human face.

### Mindfulness:

Stuart Angus has been managing the mindfulness group. It is very popular with service users to relax their mind and body for a while. We aim to run this group at the end of every month.

### Table tennis:

The church allows us to use their table tennis table. We got this out for the first time last week and Sean Fallah, one of our amazing volunteers, managed the activity and every service user wanted to get involved!



### Mental Health Support Team

Miles Watson 07872 002247

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

Mark O'Connor 07511 404552

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



15-21 HEADSTONE DRIVE, HARROW, LONDON, HA3 5QX

The Team approaches their work with a 'person centred attitude' which is about listening carefully to and appreciating what Service Users themselves feel would most benefit them to improve their social and mental health. Based on the service users ideas and sense of what they would like to engage in, the team research what is available in the community that best fits these interests and requirements. Ersilia and Stuart connect people to around 50 organisations in Harrow and around London, so that service users are able to gain access to new opportunities, cultivate and develop purpose through hobbies, and get involved in activities that enable them to integrate and participate in the community and society.

They also connect Bentley House service users with BoB's Online Programme. This provides the flexibility to connect with other people and activities from home, which is important for some service users. On Tuesdays at 6pm and Sundays at 1pm, Stuart facilitates Mindfulness classes on our Online Programme. This presents participants with the opportunity to practise integrating mindfulness into their lives, which can reduce stress and enhance well-being through the healing powers of awareness.

*"I enjoy attending the Wednesday drop-in, and I would like if there were more drop-in sessions during the week like the Wednesdays drop-in. I enjoy the atmosphere, activities and people there. I feel supported and not judged". D. 30yo*

Going forward Stuart will work as Social Prescriber on his own and Ersilia will move on to new adventures.

We wish you all the best and hope to cross paths again, it's a small world after all.

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



# HILLINGDON

## 64 HIGH STREET UXBRIDGE UB8 1JP

### CURRENT OPENING TIMES AND ACTIVITIES

#### MONDAY

11am -1pm: Art group @ ARCH\*

#### THURSDAY

11am - 3pm: Drop-in @ ARCH\*

11am - 3pm: Gardening

#### FRIDAY

11am - 3pm: Drop-in @ ARCH\*

11am - 3pm: Gardening

12pm - 3pm: X-Box

#### SATURDAY

11am - 3pm: BoB social club @ HEMC\*\*. Tea, coffee & sandwiches.

Table tennis & badminton, board games & quizzes

#### SUNDAY

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

Board games, quizzes and bingo

12pm - 1pm: SMART meeting

1pm - 2pm: Meditation



\*ARCH – 64 High Street, Uxbridge, UB8 1JP (5-minute walk from Uxbridge tube and bus station)



\*\*HEMC—Hayes End Methodist Church Uxbridge Road, Hayes End, UB4 8JW (607 & 427 buses stop outside)

BoB Hillingdon has been busy since the last newsletter. In January we celebrated Finola's 10th year of sobriety with a party, Jane made a buffet and a fabulous chocolate cake and we had a fun filled day with party games; Rainbow hosted a hysterical 'pass the parcel' with gifts for everyone and Ian was quiz com-père with all the questions from 2013.



In December we had our annual volunteer awards and Hillingdon and this year Rainbow was our volunteer of the year and Clay was recognised for his outstanding contribution.

Also in December we hosted Christmas dinner for 30 service users and volunteers at Hayes End Methodist Church.

Every Saturday we are at Hayes End Methodist Church and as well as the fabulous kitchen, where we cook a hot meal every week, we have badminton and table tennis which are really popular and we have some thrilling tournament games and in March we also started a gentle exercise class.

#### SERVICE MANAGERS

Lisa Durand 07522 128844

Finola Sullivan 07739 796048

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

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



Our art group continues to be a popular group and numbers are rising every week, it has become a quiet, creative space and those attending enjoy sharing their ideas and creations, some chose to do painting by numbers, others want to learn drawing techniques from Kai and David likes to use the time to focus on his poetry.

The exercise group is another popular new group and every Saturday the hall is full of willing participants. Justin has tailored the exercises so they are suitable for all abilities and are not strenuous.

The ARCH garden is bursting with colour and already we have a steady crop of beautiful strawberries and lots of rhubarb, we have also yielded a crop of radishes.

The gardeners work very hard to maintain this space and we have pots and beds bursting with flowers and planting.

We have lots of new tables and benches this year so space for everyone to relax and the garden Jenga set gets everyone involved.

Earlier this year we had a memorial rose planting event to remember one of our service users who died last year and his family attended. The garden is a lovely relaxing space enjoyed by all.

And at ARCH we are so lucky to have Adam from the local salon Horsepower come in and offer free haircuts and beard trims to everyone, being able to have a decent haircut is a luxury for many these days and so when Adam comes every month and there is always a long list waiting.

The positive benefits of a haircut cannot be underestimated, it's a confidence boost and when we look better we feel better.



**Wild Horse Styling**  
by horsepower  
hairdressing





# NEWHAM

3 BECKTON ROAD CANNING TOWN E16 4DT

## CURRENT OPENING TIMES AND ACTIVITIES

### Friday evening 5.30pm to 8.30pm

- Garden open 5.30-8 pm
- Hand cooked nutritional meal 6-8 pm
- Chronic pain group in-hub online 6-7pm
- Art wall group 6-8pm
- Pool and table tennis tournament 6-8.30
- Darts, guitar, electric organ available 6-8 pm
- Tech support and use of computer & Wi-Fi 6-8 pm
- Tea, coffee and cold drinks available 6-8 pm
- Movie room, movie starts at 6pm, 200 inch screen, led projection with surround sound.
- Alexa available all day.



Steve-O and his Motley Crew at Halloween last autumn, normally one of our biggest parties.

### Saturday 10am to 4pm

- All-day sandwich, tea, coffee and cold drinks.
- All day Pool, table tennis, art, cooking group, tech support, use of computer, Wi-Fi, garden,
- Volunteer taster group 8.30 - 10 am
- Cooking group 10-11 am
- Dinner 12-3 pm
- Movie 12-2 pm
- Cool down room 10 am to 3 pm
- Writing group 1-2 pm
- Quiz and games 3-4 pm
- College catch-up group 2-3 pm
- Alexa available all day.



### Sunday 10.00 am to 3.30 pm

- All-day sandwich, tea, coffee and cold drinks.
- All day Pool, table tennis, art, cooking group, tech support, use of computer, Wi-Fi, garden
- Volunteer taster group 8.30 - 10 am
- Cooking group 10-11 am
- Baking group 11-12 am
- Dinner 12-3 pm
- Movie 12-2 pm
- Cool down room 10 am to 3 pm
- Mindfulness group 1-2 pm, polish and English
- Chair yoga 3-4 pm Portuguese and English
- College catch-up group 2-3 pm
- Guitar, electric organ, dart's, computer and floor bowls available on request all day.
- CVs, new or update, submission 2- 3
- Alexa available all day.

### SERVICE MANAGERS

Linda Chan

07872 002251

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

Raman Nijhawan

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

# NEWHAM

3 BECKTON ROAD CANNING TOWN E16 4DT

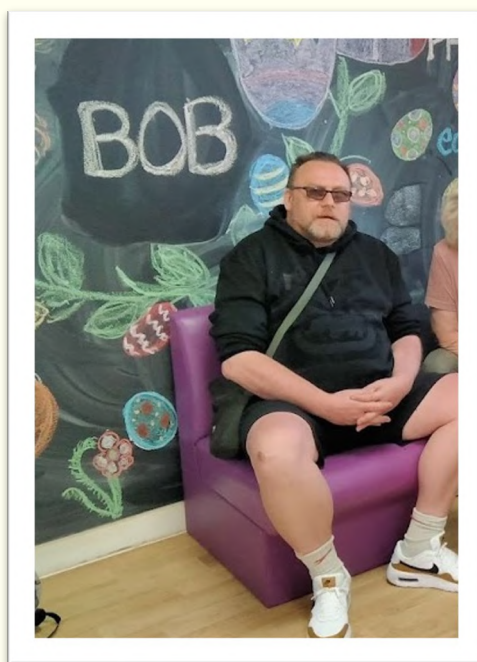
## FAREWELL STEVE-O



It is with a very heavy heart that we have had to say a sad farewell to our longest serving volunteer Steve-O. We were all shocked and saddened by his passing.

Steve was a very loved character and a very great volunteer. He was kind, patient and very helpful to whom so ever needed support. He was always at the end of the phone to support any of his fellow volunteers. He was also a regular at a lot of our online sessions. Steve did love a good quiz and was very often very good at answering the questions. Steve has left a really big hole in the team as he knew the hub, our clients and volunteers really well. He was a big fountain of knowledge for what was happening in the area and always let us know what was going on around us.

*Steve, you are greatly missed.*



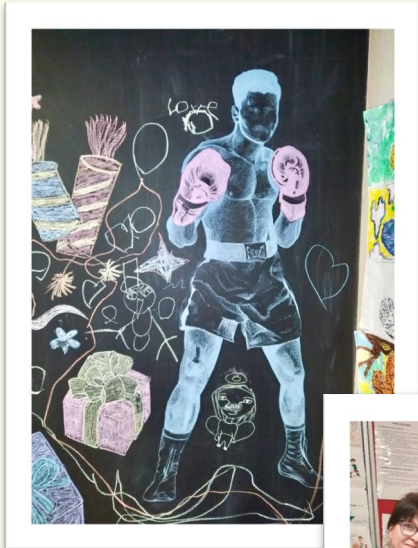
'I went to Steve-O's funeral on 24<sup>th</sup> March 2023 at the City of London Crematorium to say a very sad good-bye and I must say his mum and his sisters wrote a really great eulogy for him and it was nice to hear about the cheeky side of him as most of us knew the quiet, non combative Steve-O. The music they picked for him I know he would have loved, we started with 'Wish you were here' by Pink Floyd. Then we had 'Brother's in arms' by Dire Straits, the following music was 'The Committal' by Prince and we all left to the tune of 'Proper Education' by Eric Prydz and Pink Floyd.'

David Hibbert, Lead Manager in Barking & Dagenham, went to the wake to represent us all from Build on Belief.

# NEWHAM

3 BECKTON ROAD CANNING TOWN E16 4DT

More to read from Newham!



Newham's beautiful Art wall is very popular among our volunteers and service users.



## Newham birthday club

There's nothing like a birthday. In addition to reminding us of how old we are, they also represent how far we've come. Taking part in them is a great way to express your appreciation for someone. As we celebrate someone's birthday, we aren't just reflecting on how long they've lived but also how much they've accomplished. A birthday gives everyone the chance to feel special and appreciate how much their loved ones care for them. It is important to celebrate your birthdays, not just those of others! It is a wonderful way to show self-appreciation and to celebrate oneself at the same time. Therefore, it matters how do you celebrate your birthday. **We celebrated 22 birthdays last year, this year we want to celebrate yours.**

## SERVICE MANAGERS

Linda Chan

07872 002251

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

Raman Nijhawan

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



# NEWHAM

3 BECKTON ROAD CANNING TOWN E16 4DT

Newham games floor now has **table football** as well as **pool, table tennis, darts and snooker**. Table football is a fast game like real football. In football, you have to run all the time and use the brain to decide about the next step. Table football is similar - the only difference is you have to use your brain only, instead of running. Table football is a great way to socialise with each other. During the game, you need to talk to your teammates for several reasons which improve your social life and communication skills. One more reason to play table football is, it relaxes your mind. When you are playing, you forget all the problems of your life. You might be depressed or there might be a number of problems and issues in your life, but while you are playing the game, you will enjoy the time so much that it makes you feel relaxed and gives you a break from all the problems. Table football will satisfy your competitive nature too if you wish to take part in competitions. Every team will give their best to win the game. It's normal that you want to make your team win. The other team will want the same too. For this reason, players try their best in the game. The competitive skills of a player increase in this way. It helps them to become more professional than before and in their life too. Come and join us, every Saturday and Sunday 10 am to 3 pm.

*Written by volunteer KM*



# BARKING & DAGENHAM

44 ST LUKES, DAGENHAM ROAD ESSEX RM10 7UP

## CURRENT OPENING TIMES AND ACTIVITIES

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

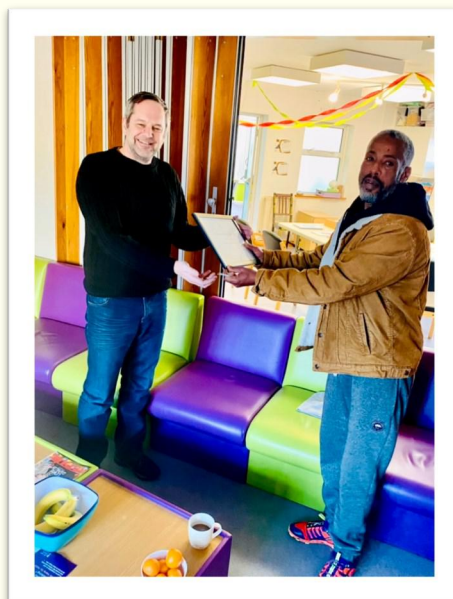
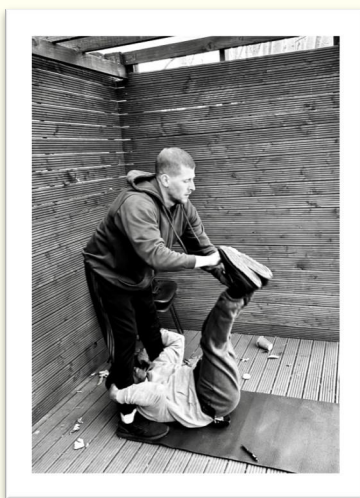
**Sunday:** Drop in 11-4pm, Garden Club 12-3pm

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

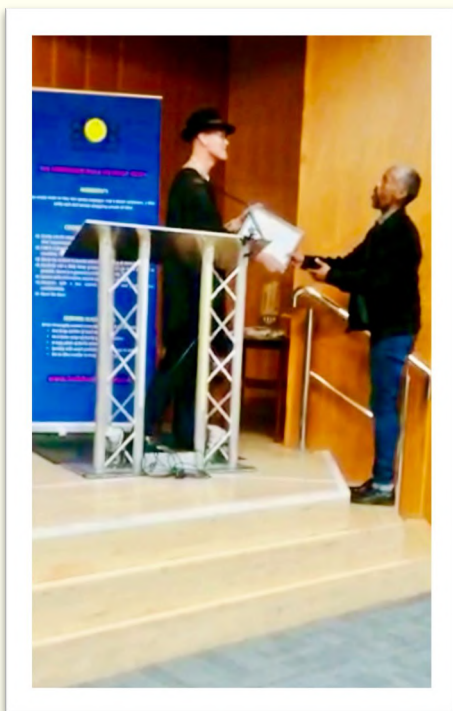
One of our volunteers, Stephen Reid, provides exercise workouts at various levels at Saint Lukes.

They all are working hard, whether it be winter, spring, summer or autumn.

BoB's volunteers and service users playing games together in BoB's social club.



Above: Volunteer Paul receives the Award for 'Volunteer of the Year 2022'



### SERVICE MANAGERS

David Hibbert 0777228983

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

Eugene Ebrill

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



Our weekend service currently offers art workshops, walking groups as well as providing regular board game sessions, pool competitions and crosswords/puzzles clubs. We implemented a rota for those workshops to assure a smooth, structured process so everyone can take part and knows what's going on. In between we offer coffee, tea and sandwiches to all service users and volunteers.

The walking group also offers the opportunity to take photos on our way to the parks or the Chase Nature Reserve, which everyone enjoys a lot.

Our team is looking forward to spending more time in the garden once the weather allows it. Gardening work helps service users to relax their mind and gain new skills around gardening and planting. We will help to maintain the garden area in the service, so it's a win-win for everyone involved.



Coronation Party in May 2023 This is the Kings coronation which brought together and united the nation.





# HOUSING & PEER SUPPORT WORKER

## WESTMINSTER& RBKC

### Build on Belief Housing Support: Providing a Roof and a Helping Hand

#### Who We Are

At BoB, we are proud to introduce our new Housing Support service, aimed at helping individuals in the city of Westminster and RBKC obtain and maintain safe and stable housing. As a charity dedicated to supporting vulnerable populations, we understand the importance of having a roof over one's head as a fundamental aspect of well-being and security.

#### What We Do

Our Housing Support service focuses on two main areas: homeless prevention for the insecurely housed and finding homes for the street homeless. We aim to address the root causes of homelessness and provide practical support to individuals in need.

Through our Benefit Support program, we assist clients in accessing their entitled benefits and provide guidance and support during benefit appeals and tribunals. We also offer assistance in obtaining referrals to debt agencies and help with paperwork related to benefit claims and other relevant matters.

In our Homeless Prevention initiative, we help the insecurely housed population by making homeless applications and obtaining necessary documentary evidence of vulnerability. We offer support in managing paperwork related to housing claims, referring to debt agencies for rent arrears, negotiating payments with housing providers, and advocating for clients with housing providers and local authorities. We understand the importance of attending court appointments, and our team escorts clients and ensures they attend these crucial meetings. Additionally, we offer one-to-one support with forms and paperwork and facilitate access to legal advice when needed.

Our Social Support component focuses on facilitating client attendance at local mutual aid meetings, both in-person and remotely through digital platforms, with optional escort services. We refer clients to local social support services and community groups to address social isolation. Furthermore, we ensure clients have access to local foodbanks and assist with coordinating deliveries when necessary. We help clients apply for Freedom Passes to enhance their mobility and conduct home visits for those who are unable to leave their homes due to health issues.

During times of crisis, our Crisis Intervention services come into play. We facilitate access to substance use treatment services, provide support during court appearances, conduct assessments to determine immediate needs, and refer clients to relevant support services. We offer escorting services to appointments as needed.

# HOUSING & PEER SUPPORT WORKER

## WESTMINSTER & RBKC

### Why We Do It

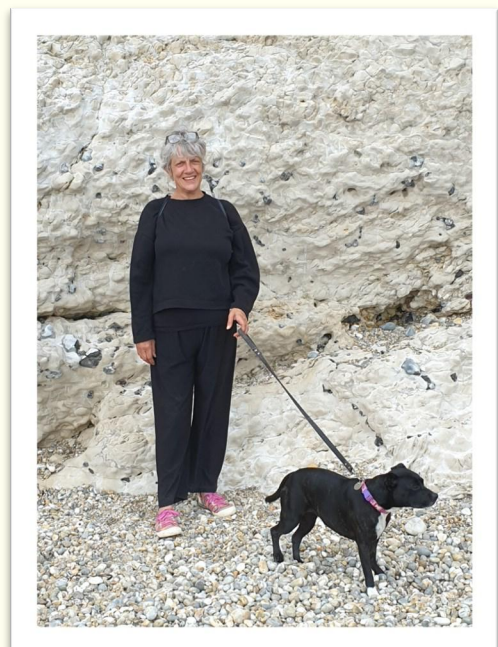
We believe that everyone deserves a safe and secure place to call home. Our mission is to prevent homelessness by addressing the underlying issues that lead to housing instability. Through our comprehensive support services, we aim to empower individuals, provide practical assistance, and advocate for their rights. We are dedicated to promoting the well-being and dignity of all those we serve.

### How to Access the Housing Support Service

Our Housing Support services are available online and in person through our service hubs. As the project expands, we welcome referrals from other service providers as well. Whether you are in need of assistance or know someone who could benefit from our services, please reach out to us through our website or contact our dedicated team.

It is important to note that this new service is distinct from our weekend social club. The Housing Support service operates seven days a week, providing practical support to individuals facing housing challenges.

At Build on Belief, we are committed to making a difference in the lives of those facing homelessness and housing insecurity. Together, we can build a stronger, more supportive community where everyone has a place to call home.



#### Housing & Peer Support Team

Liam Harte - Project Manager	07739 796 045
Nicola Herman - Housing Support	07745 739762
Muskaan Naqvi (Syeda) - Housing Support	07745 739760
Nicky Rome - Peer Support Worker	07542 023 954

<a href="mailto:liamharte@buildonbelief.org.uk">liamharte@buildonbelief.org.uk</a>
<a href="mailto:nicolaherman@buildonbelief.org.uk">nicolaherman@buildonbelief.org.uk</a>
<a href="mailto:syedanaqvi@buildonbelief.org.uk">syedanaqvi@buildonbelief.org.uk</a>
<a href="mailto:nickyrome@buildonbelief.org.uk">nickyrome@buildonbelief.org.uk</a>

## BOB'S IN-HOUSE TRAINING

69 WARWICK ROAD, BASEMENT, EARL'S COURT, SW59HB

Every Thursday afternoon at our Central Office in Earls Court, staff and volunteers get together for training. The training sessions are delivered by our Operations and Training Manager, Karen Brown, with frequent guest spots by our Chief Executive Officer, Tim Sampey, who brings a wealth of knowledge and lived experience.

As well as keeping staff and volunteers informed, the training sessions provide opportunities for interacting with the wider team and learning from each other. The **five mandatory workshops** are: **Safeguarding, Communication Skills, Boundaries & Confidentiality, Diversity and Discrimination and Dealing with Difficult Behaviour.** In addition to these there are workshops that inform about the different substances, alcohol, blood borne viruses (BBV) and aspects of recovery. Paid members of staff are expected to attend all the training. Volunteers with aspiration to work for Bob in a paid capacity are encouraged to attend as much training as possible.

The BoB training has evolved over the years and Karen updates the training after each session to reflect changes in the charity and the most recent research in the drug and alcohol field. Karen also delivers training in the BoB services when she visits at weekends. She repeats some of the training for volunteers who have been unable to attend the training at Central Office and **Team Leader Training for aspiring Team Leaders.** She encourages them to attend as much training as possible to prepare them for future paid work at BoB. The Team Leaders now have their own monthly meeting at Central Office which enables them to share ideas and experiences of volunteering in the different services and get support from the BoB Senior Management Team. During these meetings, they are informed about new paid roles and opportunities within BoB.

You can find the current training schedule here: [BoB's training schedule](#) and if you have any more questions please call Karen on 07542 023 953 or send her an email to: [karenbrown@buildonbelief.org.uk](mailto:karenbrown@buildonbelief.org.uk).





## BOB'S CURRENT TRAINING SCHEDULE

WORKSHOP	DATE	TIME
Safeguarding	04/05/23	1:30 PM
Communication Skills	11/05/23	1:30 PM
Boundaries & Confidentiality	18/05/23	1:30 PM
Diversity & Discrimination	25/05/23	1:30 PM
Dealing with Difficult Behaviour	01/06/23	1:30 PM
Cultivating Healthy Relationships at Work	08/06/23	1:30 PM
Alcohol	15/06/23	1:30 PM
Heroin	22/06/23	1:30 PM
Crack & Cocaine	06/07/23	1:30 PM
Blood Borne Viruses (BBV)	13/07/23	1:30 PM
Cannabis	20/07/23	1:30 PM
NPS & Club Drugs	27/07/23	1:30 PM
Polydrug Use and Harm Minimisation	03/08/23	1:30 PM
Mental Health and Dual Diagnosis	10/08/23	1:30 PM
Mutual Aid	17/08/23	1:30 PM
Supervision Training Volunteers	24/08/23	1:30 PM
Supervision Training Staff	31/08/23	1:30 PM
What makes a Good Worker	07/09/23	1:30 PM

## JOIN OUR CBT SESSION WITH LIAM

PART OF BOB'S ONLINE PROGRAMME

Using **Cognitive Behavioural Therapy (CBT)** to help with your recovery and to prepare for life after addiction & how to sign up for the Build on Belief (BoB) online CBT group and other BoB groups.

Ever wondered why you behave in self-defeating, self-destructive ways like wasting years of your life to addiction? Ever wondered why you keep repeating the same patterns of behaviour over and over again even though you know what you're doing is crazy? Ever wondered why you feel the way you do like **being anxious** or down all the time? Ever wondered why **life seems to overwhelm you** or you feel things are **outside your control** and you can't do anything about it?

Even if you have beaten addiction, you may be finding it tough trying to manage difficult emotional states or cope with the challenging practicalities of getting your life back on track after years of addiction and especially without the use of drugs or alcohol. In fact, you probably find like many others recovering from addiction that your **addiction was only a symptom of deeper-seated underlying problems** which are now emerging to challenge and test you.

If any of the above strikes a chord with you, if any of the above seems like its part of your life story and current situation it might be that you could benefit from a form of psychotherapy called cognitive behavioural therapy usually called CBT for short.

The word Psychotherapy might seem a little bit clinical and off putting but by looking at the origins of the word you will get a much clearer understanding of what is involved. Psychotherapy as a term is derived from two ancient Greek words, Psyche meaning "spirit" or "soul" and Therapeia meaning "healing". Put them together and you get **soul or spirit healing** and that really conveys a much better meaning of what the process involves.

The Oxford English Dictionary definition of psychotherapy is "The treatment of disorders of the mind or personality by psychological methods". There are many different theories of psychotherapy and models of treatment based on these theories and CBT is one of these. Today the term you most often hear used to describe CBT in the media and popular culture is "talking therapy" to emphasise the **nonmedical nature of the treatment**.

So getting back to the opening paragraph of this article and the series of questions I posed about why you may keep repeating self defeating self destructive behaviours or why you may feel down or on edge all the time, how can you use CBT to answer these questions and just as importantly to help you to do something about them?

# COGNITIVE BEHAVIOURAL THERAPY

## (CBT)

To illustrate the theory of CBT and how it relates to these questions **consider the following scenario**. You go to a party and are introduced to another guest you haven't met before; you chat to him/her but they don't seem to take much notice of what you are saying and they keep looking around the room.

**How** do you think you might **react**? Well maybe in a number of different ways. In one instance you might think "this person is so rude", feel angry and storm off. Or in the second instance you might think "they must think I'm so boring", feel depressed and decide to go home. Or in the third instance you might think "this person is probably feeling a little uneasy and nervous, let me try and put them at their ease", feel caring and want to be helpful.

**Notice** what's happened here, the same situation, being at a party talking to another person who seems to be **ignoring you**. When you thought about the situation in three different ways it triggers three different ways of feeling and behaving. So it's not the situation in itself that made you feel or do anything, rather the trigger was what you thought about the situation. And that's the main theory of CBT, that our habitual feelings and behaviours do not result primarily from the events happening to us but rather from what we think about these events.

The way we **view ourselves** (what sort of person do I think I am, competent and able or hopeless and inadequate) and **our situation in life** (is my life full of choices and opportunities or is it a frightening place full of threat and danger) is a key factor in determining how our lives are going to pan out and of course this will apply very much to how we deal with addiction and recover from it.

### Signing up for the BoB CBT group and other online groups.

CBT can be a very powerful tool to help you in recovery and after recovery. If you want to find out more why not join our **weekly CBT group** on zoom **every Friday evening at 6.00pm**.

If you need further information call **Liam on 07739 796045** or talk with the staff and volunteers at your service, they will show you how to sign up for the CBT group or other BoB online groups as well.

Or you can do it for yourself —> simply go to the BoB website [www.buildonbelief.org.uk](http://www.buildonbelief.org.uk), click the 'sign up' button on the top, fill in your email address and name and check the box where it says 'Online programme mailing list', Verify your email address and done! You'll receive daily emails from next day onwards!





## HEROES BEHIND THE SCENES



Thank you to [City Harvest](#) and [The Felix Project](#) for the weekly deliveries for our community food bank. That allows us to support not only people in recovery who are accessing BoB, but gives our service users an opportunity to volunteer to pack bags and hand out food to those in the local community who need support.

Rob recently visited the City Harvest depot to see all the hard work that goes on to ensure we receive our deliveries. The world is a better place with people like you!

**Thank you for all your hard work!**



## INSPIRING VOICES OF THE YOUTH

We're extremely proud of Amrit, Amya, Ellie, Brunelle, and Fatma from the Robert Clack School. Those inspiring young people put so much time, thoughts and effort into their project and won & donated £1000 towards [BUILD ON BELIEF](#)! How? Have a read below!

"Each year, our school takes part in First Give. This programme provides groups within the year with the opportunity to win £1000 for a local charity that deals with a prevalent social issue. This is achieved by leading social action projects and pitching our work during an assembly.

Our group chose to try and win for Build on Belief as we were struck by the way in which the charity was created, and the fact it offers weekend services, which few charities do.

To initially raise awareness of the charity, one of our team members spoke about what BoB does during an assembly, and also announced that we would be hosting a charity football match to pay homage to the way in which the charity built itself up through sports clubs. We were able to organise this match for our year group which took place after school one Friday. We created informational leaflets about the charity and encouraged people to learn more about supporting those with addiction.

A few days after doing this, a couple of us took it upon ourselves to visit BoB. Our local branch is Barking & Dagenham, where we met David and Eugene. We were shown around, got to speak to some volunteers, and share what we had done for the charity. David was able to provide us with more information on the charity, give us some general statistics on addiction, explain to us what £1000 could do for the charity, and later provided us with volunteer badges and a hoodie that we could use during our pitch. Using this new knowledge, we were able to edit the presentation we created, which we then used during our pitch. We competed against 5 other groups, and managed to win!

Since then, we have stayed in contact with David, who educated us on how to battle the stigma of addiction with careful word choices." Amrit B.— Robert Clack School





## A DIFFERENT PERSPECTIVE

Hi! My name is Simera and I am a student at the University of Wisconsin.

I am currently doing an 8-week study abroad program here in London where I'm taking classes as well as doing an internship. As a student intern at BoB, I expect to walk away from this experience with a whole new perspective and set of skills that will help me going forward as I explore my future career opportunities and aspirations. I am hoping to become a family lawyer, and this opportunity with BoB is a great way to learn more about one aspect of this area. Participating in a variety of tasks will allow me to learn more about various aspects of this organization and their values, and I cannot wait to walk away from this internship knowing that I made an important contribution as well as gained valuable experience and knowledge.



Coming in with little knowledge or lived experiences, I couldn't quite relate to my peers or service users. During my time with BoB, I've been able to assist with drop-ins, attend team meetings, and get to know my peers more and more with each day. Through this, I've learned so much about the life experiences of these individuals and have had my eyes opened about the reality of drugs and alcohol for many people. On the surface, drugs and alcohol are marketed in one, glorified light, while a group of people are living the reality of this that isn't marketed. It's very hard to see or understand the reality of this from an outside perspective, but I've been able to learn a bit more with each day. Prior to coming here, I never knew what these experiences or lives truly looked like. It's been incredibly rewarding to learn about the other side of drugs and alcohol that aren't marketed on the surface. I'm truly grateful that BoB is allowing me to broaden my horizons in this area and take that into my future endeavours.

Our team in Ealing: Rob, Simera, Susan and Claudia Simera, thanks for all your help in the last 2 months!

### Are you looking for a new job or work experience?

Check out our [website](#), or talk to our service managers. We are aiming to recruit internally, means our volunteers will be trained up to team leaders, supervised and invited to interviews if they feel ready for the next step. For us lived experience is your strength.



# BOB'S 13TH BIKE RIDE

## FROM RICHMOND TO WINDSOR

BoB's annual bike ride 2023 - Come & join us on the 19th of August!

All you need ... is a comfy seat!

You are more than welcome to join our bike ride from Richmond to Windsor - it's a challenging but fun 30miles ride and we hope to raise some money for BoB!

If you can't join us but want to sponsor someone you can easily donate online [here](#). Every pound makes a difference - thank you!

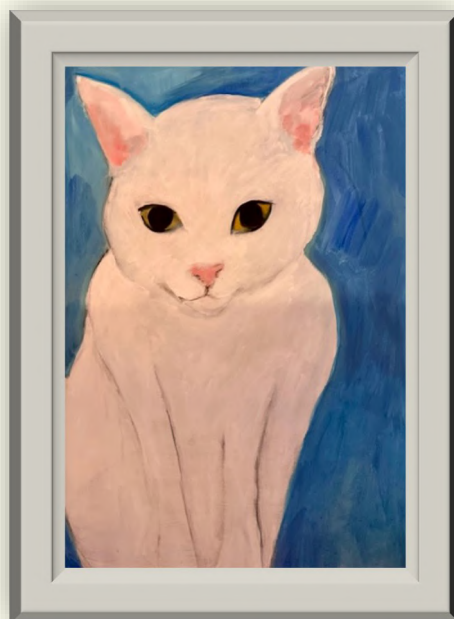
We'll cycle alongside the river and have a picnic in between. Below you can see some pics from recent years. I always enjoyed the day with a great bunch of people!

See you there// Ani

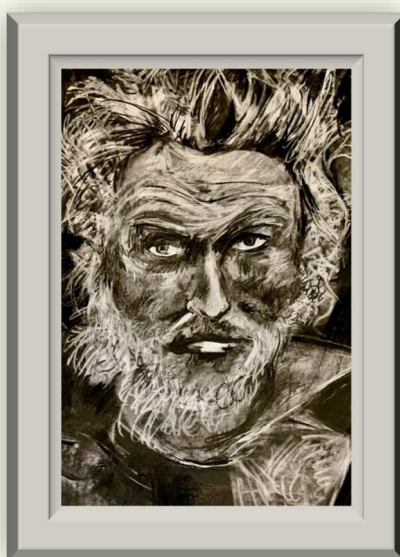




## CREATIVE CORNER



Fantastic Art work created in our 'Art Together' online class. Susie, our facilitator, looks forward to meet you every Tuesday at 11am!



Painting by Emma and other service users.



Painted by Maxi, one of BoB's talented clients.

## POETRY & MORE

### My kind of people

When I see you all, "my friends" it really makes my day.  
You are all so unique in every single way.

Justin with the banter, Ian with the brains.  
Jim with the papers, Bill who cooks the mains.

Harry with his chuckles, Malcolm so composed.  
Lisa, Fi and Rainbow, all three a beautiful rose.  
Andy, the gardener wouldn't you just know it.

Kai, oh what an artist.  
David the great poet  
Damien, John and John, such lovely guys.

Jasmine my sweet flower, laughter in my eyes.  
James with his locks, so blessed with his beauty, he's  
such a cutie!

Wes, Laurence and Jai, hoping you make it today.

Quizzes, fun (no frolics)  
We'll all be happy, hey hey hey!

Gavin and Rob not forgotten, we're all here waiting for you.  
Come and have some fun with us and we'll all be tickety boo!

Dee has landed also Clay now we have a full house.  
No silence in the building, not even a mini mouse.

One more name, here's Martin, better late than never.  
Now we can get started, no matter what the weather.

So, thank you my friends for all just being you.  
And going this day forward I know just what to do.

Your friend, Carol xxx (Carol S. – BoB)





## POETRY & MORE



### BoB's Annual Volunteer Award Ceremony

As every year, we can't wait to celebrate our inspiring, hard-working and caring volunteers! We are in the middle of planning our next events, please bear with us and watch the space!

### My Journey.

I simply cannot believe I'm still here  
after so many years in addiction  
In the depths of despair  
It got to the point of an all time low  
could not sink any deeper  
All I had left was to grow.

Written by Donna T.

### Breathe and stand back

Self reflection is mine  
it's only now and not then  
I'm ok today  
I can simply look  
breathe and stand back  
and then respond  
I'm not quite as tarty  
OK perhaps I am  
but it's not out of a bottle  
I am the container  
My feet stand still  
giving back to the earth  
It's bigger than me  
I can simply look  
breathe and stand back  
not the centre of attention  
on the periphery  
and I'm ok with that  
I can simply look  
breathe and stand back  
sometimes take a deeper breathe  
look again and sit down  
rather than stand back.

Written by David Hibbert.

### STRONGER

There's a puddle of milk, but I will not cry  
I'll leave it a while, and maybe later, scream "Why?".  
There's a slippery slope that's so full of snow.  
I'm trying to climb it, and I refuse to let go.  
There's an angel here, in the form of a dog.  
I'll feed her and love her, and she may lift this fog.  
There's a gale that's so strong it's been given a name,  
but we'll hold on together, all the same.  
We'll lead you and guide you, until we reach the edge,  
Then we'll hold you much tighter and talk you off that ledge.  
We will rise up together and stomp on the sand  
much stronger together, as we take on this land.

Written by Natasha M.

Send your poems to  
[anihohmann@buildonbelief.org.uk](mailto:anihohmann@buildonbelief.org.uk)

### A Poem About BoB

Lost and despairing with nowhere to turn,  
 Dying inside and wanting to burn,  
 Hiding from family, no friends to be found,  
 Don't want to live, to sink into the ground.  
 And then I found BoB, new family, new friends,  
 They've given me purpose, a means to an end,  
 To get clean, to move forward, to believe in me,  
 And help me become all I can be.

*Anon*

Hello

Who are you?  
 What are you doing?  
 Do you know who you are,  
 and where you are going?

Did you come here by chance?  
 Did you make a choice?  
 Can you hear yourself think?  
 Do you have a voice?

Do you have a plan,  
 and a destination?  
 Will you give in,  
 to your procrastination?

You are not bound by your roots  
 In a pot like a plant  
 The world is your stage  
 You can achieve if you want.

*Anon*

### 90 Meetings Trainers in 90 days!

My fabulous and wonderful friend Wayne, whose passion for trainers could cause a strain.  
 He has so many pairs in different styles, and choosing the right ones can take a while.

Once Wayne has decided on that day's pair, he **THEN** decides what he will wear?  
 Trainers all lined up and neatly boxed with a photo on the front so that he's not foxed!

What's funny is that Wayne says he doesn't fuss,  
 and even with all those trainers, he's never seen to run for the Bus!

In Recovery we're told that 90 meetings in 90 days is a plan,  
 but for many 90 trainers in 90 days is the way of the clan.

"Just for today" it is a no brainer, for my friend to decide on which trainer.  
 Out for a walk to show off his treads, with a spring in step off Wayne heads...

With all that said, Wayne's fashion advice is the best,  
 in so many ways, he is a cut above the rest!

In treatment, it's said, that addiction is a gift, and I laugh as I patiently wish for 'the shift?'  
 Today, I can truly show that my friends in Recovery help me know,  
 that together we are stronger, and I that need suffer alone, no longer.

Lovely Wayne, with your trainer worship, I thank you for your friendship, courage, and wit...  
 and above all by helping to remind me that...

**My Choice is that I am worth it!!!**

By Jo P.



## 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  
Blakes Bakery

### Barking & Dagenham:

Royal Horticultural Society  
Hyde Hall Chelmsford  
Homebase

### Ealing:

The Felix Trust  
City Harvest  
Nisbetts

### Harrow:

Gail's Bakery  
Morrisons supermarket

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

MOBILE: 075 9704 6433

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

OR VISIT OUR WEBSITE

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

### Helpful organisations and support

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](tel:111) 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

Laurence Foy	Lead Manager	07505 058 250
Najat Ali	Service Manager	07840 849 205

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

### PEER & HOUSING SUPPORT Westminster

Liam Harte	Project Manager	07739 796 045
Nicola Herman	Housing Support	07745 739 762
Muskaan Naqvi	Housing Support	07745 739 760
Nicky Rome	Peer Support Worker	07542 023 954

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

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

Susan Mansour	Lead Manager	07872 002 246
Rob Demacque	Service Manager	
Claudia Alexander	Rec Support and Coach	07925 138 110

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

### HARROW 44 Bessborough Road Harrow HA1 3DJ— they will move to a new address soon!

Karen Ricketts	Lead Manager	07925 138 102
Simon Bellord-Bull	Service Manager	07511 403 465

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

### NORTHWICK PARK/BENTLEY HOUSE Hospital Mental Health Unit

Miles Watson	Senior MH Worker	07872 002 247
Mark O'Connor	Mental Health Support	07511 404 552
Stuart Angus	Social Prescriber	07872 002 248

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

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

Lisa Durand	Lead Manager	07522 128 844
Finola Sullivan	Service Manager	07739 796 048

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

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

Linda Chan	Lead Manager	07872 002 051
Raman Nijhawan	Service Manager	07954 178 864

[lindachan@buildonbelief.org.uk](mailto:lindachan@buildonbelief.org.uk)  
[ramannijhawan@buildonbelief.org.uk](mailto:ramannijhawan@buildonbelief.org.uk)

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

David Hibbert	Lead Manager	07772 238 983
Eugene Ebrill	Service Manager	

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

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

Tim Sampey	Chief Executive	07739 796 054
Ani Hohmann	Organisation Manager	07597 046 433
Karen Brown	Operations & Training M.	07542 023 953
Ben Houghton	Online Programme M.	07925 138 103

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



*Hope, recovery, community & kinship*

**v-i-a**



**BUILD ON BELIEF**  
 69 Warwick Road  
 Earls Court  
 London  
 SW5 9HB  
[www.buildonbelief.org.uk](http://www.buildonbelief.org.uk)

