

S. U. News

The newsletter for Ealing Service Users

Volunteering and Peer Mentoring in Recovery

Volunteering and Peer Mentoring is a great way of supporting your recovery, learning new skills, improving your job prospects, making new friends and helping others in addiction.



RISE has recently appointed a Volunteering and Peer Mentoring coordinator who has agreed to tell us about her new role.

Hi everyone. I'm Carrera-Leigh Dix and I'm the new Volunteer and Peer Mentor Coordinator for RISE. I've been in post since October 21st so am still in my induction period at the moment. I previously worked for CRI for over three years in various administrative and volunteer involvement roles, before taking a break of about a year to explore volunteer engagement at other charities. Now that I'm

back, I'm keen to apply what I've learnt elsewhere to make RISE as strong as possible. My role concentrates mainly on coordinating our volunteering and peer mentoring programmes, but naturally this has strong links to service user involvement.

Over the coming months I hope to create a clear, integrated pathway from service user to worker in the sector, so that those who want to make this transition can see how to do so and will be properly supported along the way. I'll also be looking at bringing in skilled volunteers from elsewhere, that can help us to strengthen and improve our services.

If any service users are thinking of becoming peer mentors, I hope to be gaining accreditation in the New Year to run a training course that will result in a level 2 or 3 qualification. Once this is up and running, this means we'll have a number of peer mentors working across our hubs to provide additional support to service users.

Additionally, I'll be supporting RISE's ETE staff in their efforts to support service users who want to pursue external volunteering opportunities.

I'll be attending RISE's monthly Service User Meeting, so please use the opportunity to talk to me and ask me questions - I'll be only too happy to answer what I can. I look forward to working with you all over the coming months!

RISE Volunteering and Peer mentoring Opportunities in Ealing

Volunteers work across RISE services. They bring a range of skills that enable RISE to support more people and provide additional services. All volunteers receive training and are supported to deliver their roles. Service users can find out about RISE volunteering opportunities on their new website at www.ealingrise.org.uk and follow the link to Volunteers and Peer mentors.

Becoming a volunteer or peer mentor is a first step on the way to training and employment for many former service users. The role challenges them to take on responsibility and to get involved in helping others, and is a huge step forward for those who have never had a job or who have not worked for many years.

Peer mentors are trained to support new and former service users as they try to overcome addiction and make changes in their lives. Peer mentors and peer advocates provide a positive role model and active support for others just starting out on their road to recovery, helping individuals to consider their options and supporting them to achieve their goals.

The training programme is open to former service users who have been drug free for a minimum of three months or who are stable and on prescribed medication.

Other Opportunities

RISE EACH has a Peer Volunteer Scheme open to service users that have completed the "Structured Day Programme" and been abstinent for six months. Successful completion of the course leads to an Open College Network qualification. Contact info@eachcounselling.org.uk

Other volunteering options, outside the drug and alcohol field can be found at Ealing Community and Voluntary Service (CVS) which is located at 63 Mattock Lane, W13, 9LA. And can be contacted on 020 8280 2230 and at www.ealingcvs.org.uk

Service User Voice

The monthly Service User meeting for all Ealing RISE Service Users is held on the 2nd Tuesday of each month 2-30pm to 3-30pm (£5 voucher for attendees).

The next two dates for your diaries are:

- 10th December
- 14th January 2014

Free Social Activities

Thursday 28th November at 3:30pm Rock Climbing at Westway

Thursday 19th December 7:00 pm Pantomime at the Questors Theatre - 25 places only

Call Sean Kelly on 07858400543 for more details, to book a place and to get confirmation of dates and times.

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