I think recovery from anything is honestly the most badass thing a person can do.

Anonymous
Gain confidence. Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.

Make a difference. Volunteering can have a real and valuable positive affect on people, communities and society in general.

Meet people. Volunteering can help you meet different kinds of people and make new friends.

Be part of a community. Volunteering can help you feel part of something outside your friends and family.
Learn new skills. Volunteering can help you learn new skills, gain experience and sometimes even qualifications.

Take on a challenge. Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.

Have fun! Most volunteers have a great time, regardless of why they do it.

Develop and build a range of skills and self confidence, which assists members in their Recovery to move onto education, training or employment and benefits other aspects of their personal lives.
Peer research → Service Evaluations → Mystery shopper → Data Entry

Representation on National groups

Recovery Stories from the Street

Social media

Local/National conferences

Presentations of evidence gathered

ADP consultations on recovery and strategy planning.

Motivates you to help others through your lived experience coupled with the evidence.
Confidentiality/Data protection → Handling difficult conversations → Opening communication skills → De-escalation techniques → Managing/maintaining boundaries → Mixed method research → Listening Skills → Risk assessment training
Volunteer Plan

1. Introduce straightforward jargon free volunteering guidance, so volunteers understand what they can expect and what’s expected of them.
2. Develop a volunteer database and audit your current volunteer networks.
3. We will know exactly who volunteers with you and will be able to engage, involve and communicate with volunteers more effectively.
4. Establish a system for measuring the value and impact of volunteering, so we can better recognise volunteer contribution.
5. Create a flexible learning and development programme to meet the needs of individual volunteers.
6. Engage and involve new groups of volunteers that reflect the local communities in which we work.
7. Establish a volunteer peer-led model of support, learning and development, so we can offer more support to more volunteers.
8. Create an external communications plan to raise your profile as a volunteer organisation.
9. Develop a reward and recognition programme for volunteers.
Regular sessions ➔ One to One supervision ➔ Group supervision

Identifying strengths and improvements ➔ Regular review of personal development ➔ Setting goals and aspirations (individually/group)
Don't underestimate me. I know more than I say, think more than I speak, & notice more than you realize.