



# DIRECTORY OF SERVICES

*Socially based peer-run services for the  
residents of*

*Kensington and Chelsea  
Hammersmith and Fulham  
City of Westminster*

## WHAT DO YOU NEED TO KNOW?

Build on Belief is an independent peer run charity that was started, developed and run by a group of service users in Kensington and Chelsea in 2005.

It provides a range of socially based services for individuals who have, or have had problems with drugs and alcohol.

It is staffed almost entirely by volunteers.

You do not need a referral to come to any Build on Belief service or activity. All you need to do is pop along and say 'hi'.

We aim to provide a safe and social environment that is friendly, supportive and fun.

We believe that no one is beyond help and with a little support anyone can change their life for the better.

*Our services are free to access.*

We do not follow any model of addiction or recovery, but instead seek to help people to undertake their own journey in their own way and their own time.

We aim to be a family for people without a family. No one should be alone.

We do our best to ensure that recovery from difficulties with drugs and alcohol is fun!

# ACORN HALL WEEKEND SERVICE



1 East Row, London W10 5AR

2.00pm – 5.00pm every Saturday and Sunday

## THE FUN STUFF!

Music workshop with a full rock and roll band set up!

Art Workshop

Yoga Class

Shiatsu

Tea, coffee and toasties

## THE SERIOUS STUFF

Advice, information and support

Needle Exchange Packs

Referrals into local treatment services



Service Manager: Liam Harte

Telephone: 077 3979 6045

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

# COACH HOUSE WEEKEND SERVICE



103a Devonport Road, London W12 8PB

12.00pm – 4.00pm every Saturday and Sunday

## THE FUN STUFF

*Meditation and Mindfulness*

*Tea, coffee and toasties*

*Summer barbeques*

*New activities coming this summer!*

## THE SERIOUS STUFF

*Advice, information and support*

*Needle Exchange Packs*

*Referrals into local treatment services*

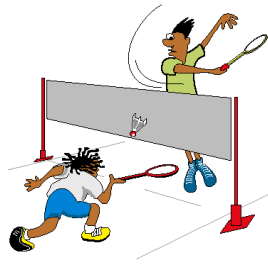


*Service Manager: Kay France*

*Telephone: 077 3979 6047*

*E-Mail: [kayfrance@buildonbelief.org.uk](mailto:kayfrance@buildonbelief.org.uk)*

# THE BADMINTON CLUB



Harrow Club, 187 Freston Road, W10 6TH

*Wednesday 3.00pm – 5.00pm*

*Sunday 12.00pm – 2.00pm*

*The badminton club caters for everyone from absolute beginners to those who have played before.*

*All equipment is provided, as is some gentle coaching.*

*For a meet and greet contact Liam Harte*

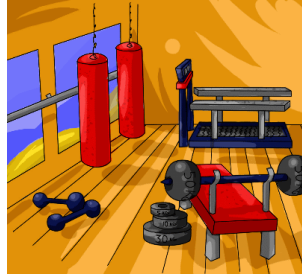


*Service Manager: Liam Harte*

*Telephone: 077 3979 6045*

*E-Mail: [liamharte@buildonbelief.org.uk](mailto:liamharte@buildonbelief.org.uk)*

# THE GYM AND SWIM CLUB



Kensington Leisure Centre, Silchester Road,  
London W10 6EX

*Saturday 9.00am – 12.30pm*

*Use the gym, the swimming pool, attend an  
aerobics class or mix them all together!*

*No time limit on sessions.*

*Support and gentle coaching provided.*

*For a meet and greet contact Liam Harte*



*Service Manager: Liam Harte*

*Telephone: 077 3979 6045*

*E-Mail: [liamharte@buildonbelief.org.uk](mailto:liamharte@buildonbelief.org.uk)*

# CBT SUPPORT GROUP



Acorn Hall, 1 East Row, London W10 5AR

**Thursday 6.30pm – 8.00pm**

Do you suffer from negative emotions such as anxiety, depression or anger?

If you think CBT could help you come along to our support group and take the first step on your road to a more positive future.

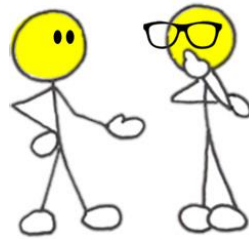


Group Facilitator: Liam Harte

Telephone: 077 3979 6045

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

# VOLUNTEERING WITH BUILD ON BELIEF!



**ANYONE CAN VOLUNTEER!**

*Feeling isolated and alone?*

*Need something to do at the weekend?*

*Would you like to give something back to your  
local community?*

*Would you like to make some new friends?*

*Would you like to help support people who have  
had addiction problems?*

*Fancy learning about drugs, alcohol and working  
in a health and social care setting?*

*Then why not give Vanessa a ring for a chat!*



*Operations Manager: Vanessa Wallace*

*Telephone: 078 7200 2248*

*E-Mail: [vanessawallace@buildonbelief.org.uk](mailto:vanessawallace@buildonbelief.org.uk)*



# WHAT DO YOU GET IF YOU VOLUNTEER?



*We pay your travel expenses*

*We pay for lunch*

*You get regular 1-1 supervision*

*You can do as much of this training as you wish!*

<i>BoB volunteer induction</i>	<i>Epigenetics and addiction</i>
<i>What makes a good worker?</i>	<i>How drugs work</i>
<i>How to be a team leader</i>	<i>Harm reduction and poly-drug use</i>
<i>Supervising your peers</i>	<i>Alcohol</i>
<i>Boundaries and confidentiality</i>	<i>Crack and Cocaine</i>
<i>Communication skills</i>	<i>Heroin and other opiates</i>
<i>Safeguarding</i>	<i>Cannabis</i>
<i>Diversity and discrimination</i>	<i>Club drugs and other new substances</i>
<i>Dealing with difficult behaviour</i>	<i>Running a Needle Exchange</i>
<i>How to do assessments and referrals</i>	<i>Blood borne viruses</i>
<i>How to survive a mutual aid meeting</i>	<i>Dual diagnosis for beginners</i>
<i>Confidence in public speaking</i>	<i>Recovery chairs</i>
<i>Confidence and self esteem</i>	<i>Training the trainer</i>
<i>Personal boundaries and assertiveness</i>	<i>The five ways to wellbeing</i>

**CHECK THIS OUT!**

*We have a website designed by service users for service users!*

## INVISIBLE ELEPHANT WEBSITE



[WWW.INVISIBLEELEPHANT.CO.UK](http://WWW.INVISIBLEELEPHANT.CO.UK)

A UNIQUE WEBSITE FOR SERVICE USERS LIVING IN THE TRI-BOROUGH THAT TELLS YOU EVERYTHING YOU COULD WISH TO KNOW ABOUT DRUG AND ALCOHOL TREATMENT & RECOVERY. [TWITTER](#), [GOOGLE+](#) & [FACEBOOK LINKED](#), FULL OF FILM CLIPS & OF COURSE, ELEPHANTS!

**HAVE A LOOK AND HAVE YOUR SAY!!!  
JOIN THE HERD!!!**



[WWW.FACEBOOK.COM/INVISIBLEELEPHANT](http://WWW.FACEBOOK.COM/INVISIBLEELEPHANT)



[TWITTER.COM/INVISIBLEELEPH](http://TWITTER.COM/INVISIBLEELEPH)



[PLUS.GOOGLE.COM/U/0/102316707519181571208/ABOUT](http://PLUS.GOOGLE.COM/U/0/102316707519181571208/ABOUT)



[MEDIA@INVISIBLEELEPHANT.CO.UK](mailto:MEDIA@INVISIBLEELEPHANT.CO.UK)

*The Great Build on Belief Annual Cycle Ride!*

**COMING IN AUGUST!**



*Every August Build on Belief hold a sponsored cycle ride along the Thames path from Richmond to Windsor.*

*We use the money raised to fund our sporting services.*

*Why not join us for a gentle ride along one of the most peaceful and picturesque cycle routes in London?*

*We provide support, a safety car and have an enormous picnic half way!*

*Join us for a gentle day's exercise in the sunshine and help us raise some much needed funding at the same time.*

**Interested?**

*Contact Liam Harte for more information!*

FOR INFORMATION ON ANYTHING TO  
DO WITH



Build On Belief

Registered Charity 1148916

## CONTACT



*Chief Executive Officer: Tim Sampey*

*Telephone: 077 3979 6054*

*E-Mail: [timsampey@buildonbelief.org.uk](mailto:timsampey@buildonbelief.org.uk)*