

# VOLUNTEER WITH US



HELP INSPIRE RECOVERY ACROSS OUR SERVICES



# WHY **VOLUNTEER** WITH US?

At **Recovery Focus**, we recognise that some of our most important people are our volunteers.

Volunteering with us can be an extremely enjoyable and rewarding experience and we offer a wide range of different roles and responsibilities across the Recovery Focus Group. We aim to fit each person's experience, skills and knowledge to the different types of volunteer roles that we offer. Become a volunteer with us and you could also gain a range of valuable skills and experience.

**“What is it that I get out of volunteering with Richmond Fellowship? I would certainly say ‘you get more out of it than you put in’. It’s great to be part of the volunteer community, and I have made some lasting friendships here. You read about people who retire and just end up sitting on the sofa watching TV. This is one way of making sure that doesn’t happen.”**

**James, Volunteer at The Old Moat,  
Richmond Fellowship**

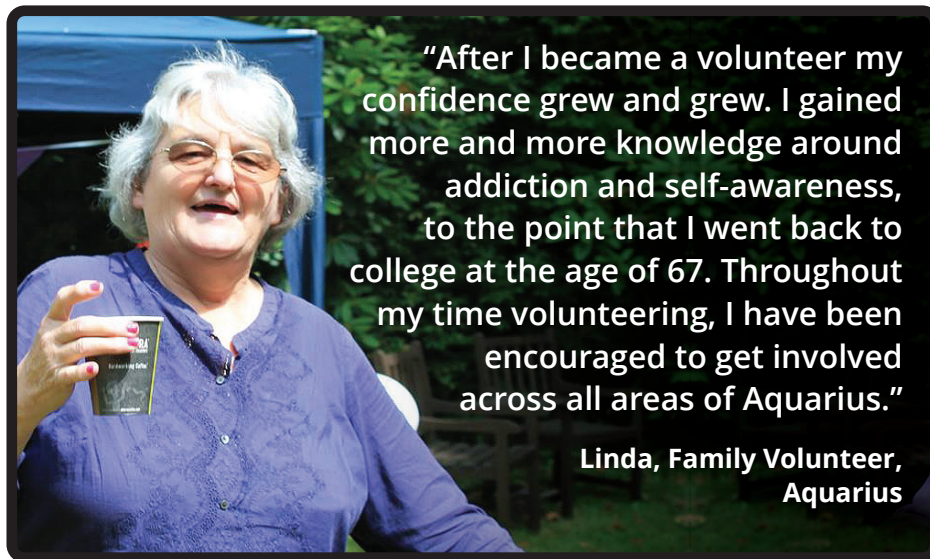


## The types of **volunteering** opportunities

**We provide a number of exciting volunteer roles across Recovery Focus.**

This includes supporting people who use our services, befriending, helping with gardening or creative activities, office work and much more.

We also offer several learning and development opportunities for our volunteers to support you in your role.



**"After I became a volunteer my confidence grew and grew. I gained more and more knowledge around addiction and self-awareness, to the point that I went back to college at the age of 67. Throughout my time volunteering, I have been encouraged to get involved across all areas of Aquarius."**

**Linda, Family Volunteer,  
Aquarius**

**"Being a volunteer for DVIP means giving a personal contribution to services which are vital for individual recovery. But there's more to it. In my time spent with DVIP, I have learnt a lot and developed new skills."**

**Miriam, Volunteer, DVIP**

**We are Recovery Focus**, a national group of charities highly experienced in providing specialist support services to individuals and families living with the effects of mental ill health, drug and alcohol use, gambling and domestic violence.

At Recovery Focus, we know that recovery can look and feel very different to each and every one of us. However, we believe recovery is possible for everyone, if we provide the right support, at the right time.



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**Richmond Fellowship** is a national charity that supports over 9,000 people living with mental ill health every year. Richmond Fellowship adopts a person-centred approach to recovery, providing a range of support services tailored to meet the needs of the individual.

Find out more at: [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)



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**Aquarius** is a unique charity that has over 40 years' experience supporting individuals, families, organisations and communities to overcome the physical, emotional and psychological harms caused by alcohol, drugs and gambling.

Find out more at: [www.aquarius.org.uk](http://www.aquarius.org.uk)

## Our partners

Each of our partners has a rich history and vast experience of providing successful recovery support across the country in the areas of mental health, drug, alcohol and gambling support and domestic violence. By bringing together and sharing our skills and expertise, we believe we can build on our successes to provide even better support and outcomes for the people using our services.



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**My Time** is a bespoke division of Richmond Fellowship which provides domestic violence and specialist counselling support services across the Midlands. Every service provided by the team is underpinned by specialised research models and techniques to ensure that support is provided in a sensitive manner to individuals and families affected by domestic violence.

Find out more at: [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)



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**DVIP** (Domestic Violence Intervention Project) is a bespoke division of Richmond Fellowship. DVIP is a feminist organisation **dedicated to ending domestic violence and all forms of violence against women and girls**. They provide a range of services across London for men who have been violent to their partner and for women who have suffered domestic violence. DVIP also supports parents and children affected by domestic violence.

Find out more at: [dvip.org](http://dvip.org)



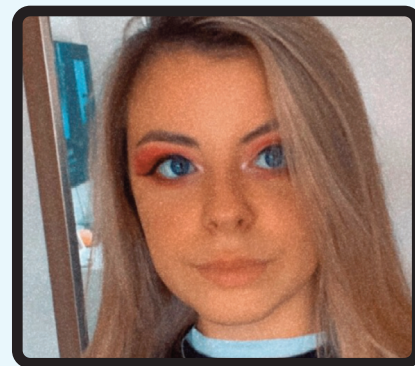
“Volunteering at Derby City Life Links with the staff gives me a sense of belonging”

Kelechi

# HOW TO VOLUNTEER

“Volunteering allowed me to put my knowledge into practice, build my confidence and gain a deeper understanding of how mental health services operate”

Tiffany, Volunteer at Derby City Life Links



**1** Please visit our website [www.recoveryfocus.org.uk](http://www.recoveryfocus.org.uk) and head to the volunteering page for details of how to apply to volunteer with us or contact us via the following channels:

For all **Aquarius** volunteering enquiries - please contact [volunteering@aquarius.org.uk](mailto:volunteering@aquarius.org.uk)

For all **Richmond Fellowship** and **My Time** volunteering enquiries - please contact [volunteering@richmondfellowship.org.uk](mailto:volunteering@richmondfellowship.org.uk)

For all **DVIP** volunteering enquiries - please contact [DVIP.Volunteering@richmondfellowship.org.uk](mailto:DVIP.Volunteering@richmondfellowship.org.uk)



**2** Once we have received your application, we will assess it to see whether we are able to match your interests, motivation and expectations to our current available volunteering opportunities in your area.

**3** We will then contact you to arrange a time for us to sit down with you and have an informal meeting. This is an opportunity for us to get to know you and for you to find out more about the work of our group and the specific Recovery Focus partner and service you would like to volunteer for.

**4** If we are successful in matching you to a volunteer role, you will then need to complete a Disclosure and Barring Service (DBS) form, supply us with two references and complete a series of induction training before you can start with us.

# FIND OUR MORE

To find out more about the support we can provide, please contact us on:

## Recovery Focus

Web: [www.recoveryfocus.org.uk](http://www.recoveryfocus.org.uk)

Twitter: [@recovery\\_focus](https://twitter.com/recovery_focus)

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## Richmond Fellowship

Web: [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

Email: [volunteering@richmondfellowship.org.uk](mailto:volunteering@richmondfellowship.org.uk)

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## Aquarius

Web: [www.aquarius.org.uk](http://www.aquarius.org.uk)

Email: [volunteering@aquarius.org.uk](mailto:volunteering@aquarius.org.uk)

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## DVIP

Web: [www.dvip.org.uk](http://www.dvip.org.uk)

Email: [DVIP.Volunteering@richmondfellowship.org.uk](mailto:DVIP.Volunteering@richmondfellowship.org.uk)

Check out our Volunteer Frequently Asked Questions (FAQ) page on our website for more information:  
[www.recoveryfocus.org.uk/volunteer/faqs](http://www.recoveryfocus.org.uk/volunteer/faqs)

