

Thank you to all the Volunteers at RIRS!

The 3rd to the 7th of June was volunteering week. We are so lucky at RIRS to have so many great volunteers that support us to provide and expand on a great service.

Research has show that volunteering has any benefits to an individual this can include:

- **Gaining confidence**
- **Meeting new people**
- **Learning a new skill**
- **Having fun!**

If anyone is interested in volunteering at RIRS, inside this newsletter there is an interview with Hayley who talks about her experiences at RIRS as a volunteer at the service and how it supported her into paid employment.

Hello Hampton!

For those of you who are unaware we now have a service location in Hampton. The address is **YMCA White House, 45 the avenue, Hampton TW12 3RN**. There is free parking and the two bus services that go there are the R70 and the 111. Currently at Hampton the groups running include:

- Creative Writing - 13.30
- Foundations of life – 14.00
- Mindfulness —15.30
- Foundations of change – 15:30

All of these groups take place on a Friday

This is a great opportunity for those who live near Hampton to have all the support of RIRS at a closer location!

What's happening in Hampton: Creative Writing

Every **Friday from 13:00-15:00**, the creative writing class lets you express yourself through in a way you may not have done before.



Mindfulness

Every **Friday from 15:30-16:30** there is a mindfulness class where you can take some time for yourself to help yourself relax and calm your mind.



Allotment up date

Now that summer is upon us what better time to come and visit the CGL allotment, we have even started producing our own produce. **Join Gabrielle and Jack, Mon and Fri 13:00-16:00 to enjoy both the weather and the pleasure of gardening**



Body Conditioning

Exercise in any capacity has been prove to not only is good for the body but is also good for the mind. Here at RIRS we are lucky enough to have a sporty Volunteer that conducts a Body conditioning class. Body conditioning aims is to get the body moving to music in a fun and friendly group environment where no previous experience is needed, meaning not only will it improve overall health and fitness levels but it can also help increase energy levels, help memory and aid weight loss just to name a few.

Body condition runs every **Wednesday from 11:45am to 12:45pm in the heart building**



Interview with Hayley

I was luckily enough to sit down with Hayley and talk to her about her experience here at the service. From coming in as a Peer Mentor to becoming a volunteer Recovery Support Worker to then being employed as a Health care assistant Hayley has seen first hand what its like to be volunteer and how it can effect your life. I asked Hayley a couple of questions about her experiences at the service.

What made you want to volunteer?

“ I wanted to volunteer as I wanted to help others who had been in a similar situation to me, I also wanted to aid my own recovery by adding more of a structure to my day.”

How did you find the training when you first joined the service?

“ I found that the training was challenging but achievable as I had the motivation that enabled me to stick with the training and complete it.”

How did you find your experience volunteering?

“ I found it was a very positive experience. One of the main parts of the role that I enjoyed the most was helping people in becoming more independent”

Why did you want to be come a Recovery support worker and what skills did you gain from that experience?

“By running SMART, welcome groups and peer open access I was able to build up a rapport with both the staff and service users and felt through being a peer mentor that I had gained the confidence and skills needed to progress to a recovery support worker and from being a support worker I was then able to gain even more confidence in myself and the skills that I had which then lead to me applying for the health care assistant role that I have got now and am currently training for.”

What was the support like that you received from the service?

“ I felt like I was really supported at the service, the staff are very helpful and friendly which helps a lot when you are going through the training.”

What advise would you give to people that are thinking of volunteering?

“ I would say just go for it, It's a great way to fulfil your days and makes you feel like you have done something great by helping another person. I think anyone can do a really good job if they have a passion for what they are doing”

Kew Gardens Trips

We are very pleased to report that from June we will be running trips to Kew gardens on the second Wednesday of each month. The trips will be led by Volunteers Gabrielle and Jack on the 2nd Wed of each month at 13:00. There is limited spacing as they will be taking 6 people maximum each time. If anyone is interested to take part in the trip please put their name down in reception.



Useful Numbers: The Samaritans

The Samaritans are a charity organisation who are there to listen to you whatever you are facing the phone lines are open 24 hours a day 365 days a year

Call: 116 123 or

You can have face to face support at:

**Elsbeth House
2 Wheatfield Way
Kingston Upon Thames KT1 2QS**

They are open to receive visitors from **7.30am to 9.30pm every day. No appointment is needed**, you can just turn up. The building is on the corner of Wheatfield Way and Palmer Crescent. Please come to the entrance on Palmer Crescent (green door). There is no charge for this service

BBV Testing clinic

- Are you a drug user living in the Richmond borough?
- Have you been at risk of contracting a blood borne virus?
- Have you engaged in risky behavior?
- Have you been tested within the last 6 months?



We run a drop-in every Friday where you can be tested for Hepatitis B and C and HIV

Testing is quick and easy using dry blood spot testing it only takes a few minutes

**Every Friday
10.00 – 13.00**

Unit 2 Ilex House
94 Holly Road
Twickenham
TW1 4HF

