

## Cadas Recovery Project Volunteers

Project Volunteers are interested in supporting people in recovery and their families whilst contributing to and promoting visible sustainable recovery in their local communities. Project Volunteers are supportive, good listeners, compassionate, committed and reliable. Volunteers are able to work ethically, mindful of equality and diversity, safeguarding and confidentiality.

## Volunteer Training

People interested in working on this partnership project delivered by Cadas and The Well will be invited to attend an interview and successful candidates will embark on or award-winning training programme. Volunteers must be able to attend all of the 8 weeks initial Foundation Training, an Induction and be committed to attend mandatory monthly group supervision. There will be a range of different training opportunities throughout the year to support volunteers' continued learning and growth ensuring excellent and safe practice is offered. Training will take place at our Barrow Centre with volunteering opportunities in Barrow and the South Lakes.

## Is this you?

Are you in recovery and want to learn, grow and give back?

Are you interested in supporting Cadas to deliver its recovery services in partnership with The Well in your community?

Are you interested in developing your skills and abilities through training and placements with Cadas?

Are you aged 18+?

Are you open to new experiences?

Do you have time each week to commit to helping us?

Interested? If you or someone you know would like to become a Cadas Volunteer please contact us for more information and an application pack. Cadas welcomes people from all walks of life and backgrounds.

## Contact

### Barrow Centre

52 Paradise St.  
Barrow  
LA14 5NU

01229 811111

### Kendal Centre

Manna House  
Aynam Road  
Kendal  
LA9 7DE

0300 111 4002

E-mail: [info@cadas.co.uk](mailto:info@cadas.co.uk)

Website: [www.cadas.co.uk](http://www.cadas.co.uk)



The Well



## Cadas Recovery Project

Delivered in partnership with The Well  
**Volunteering Opportunities**

“Supporting Sustainable Recovery across Barrow & the South Lakes”



LOTTERY FUNDED



National Training Awards  
North West Winner 2011



The Queen's Award  
for Voluntary Service  
The MBE for volunteer groups

# Cadas Recovery Project Volunteer Opportunities

## RECOVERY SUPPORT ROLE

Volunteers have the opportunity to:

Offer group support sessions including mutual aid support

Deliver 1:1 support

Deliver Black Box Therapy

Deliver Tapping Therapy

Deliver Care Plan Assessments

Facilitate drop-ins for service users and after care support

Plan, develop and deliver support groups and recovery activities including aftercare support

## CENTRE SUPPORT ROLE

Volunteers have the opportunity to:

Promote Cadas & The Well services and how to access to them

Help with office administration

Keep information up to date

Update Social Media

Create newsletters

Taking referrals

Liaising with staff, volunteers and service users

## COMMUNITY TRAINING & EVENTS ROLE

Volunteers have the opportunity to: Facilitate on various training programmes including volunteer training

Develop and deliver workshops including drug and alcohol awareness, health & well-being, re-lapse prevention

Plan and hold advice and information sessions

Organise regular open day

Help service users to access opportunities through other organisations

## FUNDRAISING ROLE

Volunteers have the opportunity to:

Be creative and engage the wider community including the recovery community to support fundraising activities

Plan and arrange regular fundraising activities and events

Risk assess fundraising events

Promote Cadas & The Well services

Liaise with businesses and sponsors and network with other organisations and groups

**Cadas Volunteers will complete the 8 week Foundation Training. And support will be provided throughout including compulsory monthly supervision for all volunteers. Different training opportunities will be available regularly so volunteers can pursue other volunteering opportunities and develop new skills in consultation with the Volunteer & Community Development Coordinator Sam. For an application pack & list of training dates. Please contact Sam on 01229 811111 or by email: samk@cadas.co.uk.**

## Foundation Training (8 consecutive Thursdays)

Working within an Ethical Framework  
Drug and Alcohol Awareness  
Introduction to Cadas & The Well

Relationship, Rapport and Empathy  
Monitoring and Evaluation  
Understanding Cycle of Change

Understanding difference  
Safeguarding & Domestic Abuse  
Understanding the Role of Re-lapse

Self-awareness and Reflection  
Recovery Model/Addiction

Entry requirements: Application and interview. No drug or alcohol experience necessary. If people have experienced dependent/problematic substance use they need to have a minimum of 6 months stable recovery to undertake the support role.