

Appendix 1 – CGL Peer Mentor Personal Stories

Personal Stories

Hannah: Family Member

My Mom became dependant on alcohol and realised that she had a problem. She decided on her own that she needed help and wanted to change her life around. She realised the impact her drinking was having on herself mentally and health wise, but also what it was doing to our family.

Mom has been in recovery for 2 years now. The main thing that we have realised in the last 2 years is the lack of free rehab facilities. I understand that it's not easy to fund these projects but sometimes those who are most in need cannot afford the help. When mom was desperate we couldn't find a facility that cost less than £3000. As a family we don't have that sort of money and worried that we were going to have to go without. Then Summer Hill became available, and after her time there all of these opportunities have become available for my mom and for that I am thankful.

Mom has been volunteering [at CGL] for nearly one year. She attends meetings and discussions on various topics.

Personally I think mom enjoys the fact that she is giving something back after her time in rehab. She understands that rehab changed her life and wants to help others. She loves being a part of the CGL group. She is also embracing the new skills she learns each time she attends a group.

I feel that my mom gets so much fulfilment from volunteering with yourselves and it has really brought her out of her shell.

Thank you.

Tracey: Service User Representative

I've been in recovery for 2 years and 6 months. I started volunteering with CGL in July 2018.

I help with groups along with other Service User Representatives and Peer Mentors by giving my first-hand experience of alcohol abuse. This involves sharing my perspective and ideas.

I have received continual support from my supervisor, ongoing training on how to deal with certain situations and how to look after the welfare of both service users and myself e.g. 'the dos and don'ts on confidentiality and conduct'.

I enjoy the whole experience of volunteering for CGL. In particular I enjoy seeing that I can make a difference to others. I enjoy seeing positive changes/looks on service users' faces, even when they make only a little step forward.

CGL is a massively worthwhile organisation. It is a necessity for service users but also a huge part of my ongoing recovery.

It is imperative that the service continues but also grows to help more people in their time of need. I can certainly vouch for this from my own past experience and from where I am today.

A big thank you to all those who have helped me and I look forward to helping as many people as I can.