

Dear Sir /Madam,

My name is [REDACTED], I am a recovering alcoholic of 2½ years & I volunteer at The Brighton & Hove Wood Recycling Project for 2 days of the week. at present.

I was first introduced to the BHWRP when I had my first attempt at abstinence by enrolling on a back to work programme through Business Action On Homelessness.

Before starting my 4 week placement at The BHWRP I was scared of my own shadow, I couldn't hold a conversation, & I didn't know what was going to happen in my life, these things on top of my social anxiety meant that if they weren't dealt with I would slip back to old behaviours.

I was instantly made to feel welcome, like part of the team, a place where I could come to do a productive days work without fear of bullying, judgement being made about me & my past. With gentle encouragement & enthusiasm I started to grow as a person. My ideas were listened to which in turn gave me the belief that people do like & respect me as a person, & what ideas I put forward. My self-esteem & self-worth grew over the 6 month period that I was there that I was confident to start applying for employment. Not long after this I did obtain full-time employment & I know this is due to the FACT that the BHWRP gave me the ability to unlock skills inside of myself.

that I never knew I had.

I did rejoin the team again in April 2015 whilst in residential rehabilitation as unfortunately I had relapsed due to personal circumstances that I didn't know how to deal with

I was welcomed back without judgement, questioning, or like I was meant to have done better which made me feel like I was in the right place

The BHWRP & staff, volunteers, & customers make it, in my opinion, the No 1 organisation & workforce to help people with varying degrees of difficulties from addiction, mental health issues, unemployment, to gain skills & a different perspective on life so that they can value themselves as people again, & live a 'normal' life in society earning a living.

I have nothing but gratitude & respect, & love for all the team & the BHWRP for they have shown me nothing but love, respect, empathy, kindness. They have taught me a good work ethic & why structure & routine are important to a persons life. They don't just do this for me, they do it for every volunteer & staff member, no matter what background the person has.

I dread to think where I would be without the help & support I have received from these guys.

Yours Sincerely