THE MATTHEW PROJECT
no compromise on hope

NEXT STEPS

Public Health England | The Matthew Project | Norfolk County Council

Volunteer for The Matthew Project and become part of our team

Next Steps is a welcoming and vibrant place for people in recovery from substance misuse, building community, support and skills.

Make a difference. Develop personal and professional skills. Enhance your CV. Support your studies. Meet new people. Feel good.

Bicycle Maintenance (Next Steps) Volunteer

Love to ride your bicycle? Can you also repair and maintain it? We are looking for volunteers to support Next Steps Recovery Hub members to learn new skills in bicycle repair. This also enables members to increase their confidence and make a positive contribution to their own ongoing recovery and the wider community and increase their employability.

The Recovery Hub will be open 7 days a week so activities can be during the day, evening or weekends. No groupwork experience is necessary but you do need to be able to encourage everyone to join in and feel comfortable.

This is an amazing opportunity to pass on your love of two wheels whilst at the same time enable people in recovery, and their families to increase their self-esteem, make a positive contribution to their own ongoing recovery and the wider community.

Tasks may include, but not limited to:

- delivery of bike maintenance training sessions to a small group (or 1:1 if additional support is needed)
- assisting in the development of a training plan for the Next Steps Recovery Hub Programme for bike skills training
- supporting the team to ensure the safety of staff, volunteers and members within the training programme and adherence to Health and Safety requirements
- where possible, signposting to cycling groups, further training or employment opportunities
- possibly creating a ride for wellbeing group
- possibly helping in the development of a social enterprise
- supporting and motivating individuals
- help in setting up equipment for training sessions

Personal qualities are also important such as:-

- good listening skills
- positive attitude
- reliability
- good communication skills
- commitment to recovery principles

Regular individual volunteers must be able and willing to attend induction training. Out of pocket expenses will be reimbursed. References and a DBS check are usually required.

For further information please contact Sarah Nunn on 07810 656690
or email sarah.nunn@matthewproject.org