

Case Study

Alcohol

The Ripple Effect: Alcohol and Drug Community Engager Volunteers

The Ripple Effect addresses the acceptability of alcohol in communities and involves local community mentors in the process. The Alcohol and Drug Community Engager volunteers (ACEs) are equipped with the skills to carry out the field-work for the Ripple Effect. One of the ACE volunteers became involved in volunteering mainly in order to improve her confidence and also gain new skills and experience:

“The volunteering taught me so much, I found it so interesting. It also made me realise that I did know more than I thought, and did have skills that I could use”.

She spoke very highly of her time being a volunteer: “It was a very positive experience for me for so many reasons. It confirmed the area that I was interested in working in (addictions) and made me realise that was definitely the path I wanted to follow. I met so many new people and I enjoyed learning about their experiences”.

For this volunteer, the main benefit was the impact it has had on her self-confidence: “I wasn’t confident in approaching people at first, but the whole experience of interviewing people was very positive”.

She highlights that her experience as an ACE was instrumental in helping her secure a position at the Scottish Drugs Forum Addiction Worker Training Project. “It absolutely helped. I don’t know whether I would have had the confidence beforehand to even apply. This has been such a positive experience and it’s given me so much”.