Recover with Pride

LGBTQ+ GAMBLING HARM SUPPORT

Volunteering and Gambling Recovery

switchboard

REFRAME COACHING

University of Brighton

Volunteering and Gambling Recovery

What Is Volunteering?

Volunteering involves giving your time, skills, knowledge, or experience to support a cause, organisation, community, or group of people. It can be a rewarding way to make a positive difference while developing new skills, building confidence, and connecting with others.

For people recovering from gambling-related harm, volunteering can provide structure, purpose, social connection, and a renewed sense of self-worth. It can help shift focus away from gambling and towards meaningful activities that contribute to personal growth and wellbeing.

For LGBTQ+ people, volunteering can also create opportunities to connect with affirming communities, support causes that matter to you, strengthen your sense of belonging, and turn lived experiences into a source of strength and positive change.

Volunteering is not about giving back because you "owe" something. It is about recognising the value you already have and finding meaningful ways to use it.

Volunteering and Gambling Recovery

How to Use This Tool

Volunteering can take many forms, and there is no single right way to get involved.

You might choose to:

- Volunteer with an LGBTQ+ organisation.
- Support local community projects.
- Assist at events and community activities.
- Provide peer support or lived experience insight.
- Help with fundraising or awareness campaigns.
- Support environmental, health, or social causes.
- Use professional skills to support charities or community groups.
- Participate in one-off activities or regular volunteering opportunities.

Start with something that feels realistic and manageable. Even a small amount of volunteering can have a positive impact on wellbeing and recovery.

The aim is to find opportunities that feel meaningful, enjoyable, and aligned with your interests and values.

Volunteering and Gambling Recovery

How This Can Aid Recovery From Gambling Harm

Gambling harm can sometimes leave people feeling disconnected, isolated, ashamed, or uncertain about their place in the world.

Volunteering can help rebuild these areas by providing opportunities to:

- Develop a sense of purpose and meaning.
- Increase confidence and self-esteem.
- Reduce loneliness and social isolation.
- Create structure and routine.
- Build new skills and experiences.
- Strengthen social connections.
- Improve mental wellbeing.
- Focus on strengths rather than past difficulties.

Many people find that helping others reminds them of their own value and capabilities.

Volunteering can also create positive alternatives to gambling by filling time with purposeful activities that support long-term recovery and wellbeing.

Volunteering and Gambling Recovery

LGBTQ+ Considerations

Many LGBTQ+ people have experienced challenges such as discrimination, rejection, social isolation, stigma, or feeling excluded from their communities.

Volunteering can be a powerful way to:

- Build connections within LGBTQ+ communities.
- Develop a stronger sense of belonging.
- Meet like-minded people.
- Increase confidence in social situations.
- Support causes that reflect your experiences and values.
- Explore identity in affirming environments.
- Turn lived experience into meaningful action.

For some people, volunteering within LGBTQ+ organisations can also provide an opportunity to support others facing challenges similar to those they have experienced themselves.

Your lived experience has value, and your insights can help create positive change for others.

Volunteering and Gambling Recovery

Practical Recovery Activities

To explore volunteering as part of your recovery, consider:

- Researching local LGBTQ+ organisations and community groups.
- Exploring community volunteering opportunities in your area.
- Attending volunteer information sessions.
- Identifying skills, knowledge, or experiences you would like to share.
- Setting realistic volunteering goals.
- Reflecting on what causes matter most to you.
- Tracking how volunteering affects your mood, confidence, and wellbeing.
- Using volunteering as part of a balanced weekly routine.

Remember that volunteering should enhance your wellbeing, not overwhelm you. Start small and increase involvement only when it feels right for you.

Volunteering and Gambling Recovery

How We Can Help

Our Recover With Pride Recovery Coaches understand that recovery is not only about reducing gambling harm. It is also about creating a life that feels meaningful, connected, and fulfilling.

We can support you to:

- Explore volunteering opportunities that match your interests and goals.
- Identify how volunteering could support your recovery.
- Build confidence in trying new opportunities.
- Develop routines that include meaningful activities.
- Understand the benefits of community engagement.
- Connect with LGBTQ+ affirming organisations and opportunities.
- Build positive habits that support wellbeing.
- Develop a recovery plan that focuses on purpose, connection, and long-term growth.

Our coaches can work alongside you to incorporate volunteering into your recovery journey, helping you understand the benefits, overcome barriers, and build confidence in taking the first steps.

Many people find that recovery becomes stronger when they reconnect with their values, discover new strengths, and become part of something bigger than themselves. Through volunteering, you can develop new skills, build meaningful relationships, increase your confidence, and create a future that is defined not by gambling harm, but by growth, contribution, connection, and pride.

Refer for support here:
www.switchboard.org.uk/service/recover-with-pride/referral/

switchboard

REFRAME COACHING

University of Brighton

Recover with Pride
LGBTQ+ GAMBLING HARM SUPPORT