



## MEMBERSHIP ROLES

### AiR Membership

AiR Membership is open to any and all individuals who have had actual experience of active addiction personally, as well as those who have been affected by a loved ones behaviours, and who are now in a place where they seek, have embarked on and or are actively involved in a, “Journey of Discovery” and have a heartfelt goal of establishing changes and initiating recovery as a reality in their lives.

They will have read, understood and be willing to commit to and uphold the principles behind our Vision, Mission and Objective Statement and 10 Point Pledge. They will also have been informed of and assisted in an understanding of our Constitution. Copies available on our website in the Members Area.

AiR Members will be welcome to attend organised social events, entertainment evenings and outings. Participate in making Recovery Visible activities and organised walks, talks and presentations. May be availed opportunities to attend Recovery Focussed Events, Conferences and Workshops

### AiR Volunteer

As above but will also, require to be have established and maintained a continued period of stability, (over a 3 to 6 month period), and have successfully embarked on a recovery plan which could include, engagement in an opiate replacement program\process and or a planned alcohol reduction plan to such a level that any continued substance use does not impact on their daily lives and ability to cordially engage with others. It would also be conducive to be actively engaged with other forms of active recovery focussed activities, learning and or training courses either within or out-with AiR organised events.

A volunteer will be requested to and given the responsibility and trust of manning stands\tables at PR events and Recovery Fairs. Meet and Greet duties as well as being Beacons of Recovery by offering their example as Recovery Peers. Relevant to these duties a volunteer will be expected to uphold the principles stated in our Pledge, Vision, Mission Statements and Objectives and conduct themselves in a manner that ensure AiR’s reputation is never tarnished or held to disrepute.

Volunteers will be availed opportunities to undertake various learning workshops and courses which will be organised throughout the year, within and without AiR hosted and or facilitated packages.



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### AiR Activist

As above but will also, require the member to have established a period, (over a 6 to 12 month period), during which they will have overcome their dependant need of addictive substances, this includes alcohol. This does not exclude individuals who may continue to be medically prescribed opiate and or other alternate or replacement medications conducive to their recorded recovery plans.

Will be trusted to represent AiR at some PR and recovery focussed workshops and social events. May also be asked to assist in delivering presentations to professionals as well as other public and service bodies. When appropriate training has been attended and required certification awarded will cooperate in facilitation and hosting of AiR, as well as other partnership organised, events, training programmes, workshops and presentations.

Activists will be availed opportunities to undertake specific accredited educational courses.

### AiR Recovery Ambassadors & Mentors

As above but will, be free of their addictive substances and or abstinent of alcohol for an extended period (Over and above the 3 to 12 month periods stated between volunteer and activist above) with an acknowledged intent of sustaining this by continuing to develop and build on their recovery capital and resilience factors. If still being medically prescribed replacement treatments or therapies it is an expectation that the member will be openly and willingly investigating options in how to break any continued reliance on additional or substitute drugs to cope and deal with daily life and living. (N.B. this excludes medications specifically prescribed by an individual's health professional for treatment of physical or mental health condition and or symptoms).

Will be trusted and requested to take lead roles in delivering presentations to professionals as well as other public and service bodies. Will be offered opportunities to participate in the research and develop of future members training opportunities as well as taking lead roles in facilitation and delivery of various training courses into local community settings in and around Aberdeen City and surrounding areas.

Following successful completion of required training and awarding of certification Ambassadors and or Mentors will offer individual support to other AiR members in the form of a buddying role and when accredited Recovery Coaching, within the agreed boundaries and limitations of said coaches role and while under the Governance and Supervision of delivery centre trainers and or supervisor