



Guide to Volunteering

Welcome to Families Out Loud!

Sharing by doing



Thank you for your interest in volunteering with Families Out Loud (FOL). Our charity is dedicated to supporting families affected by a loved one's drug or alcohol addiction. We believe that no one should face this journey alone, and our volunteers play a huge role in making sure that doesn't happen.

Volunteering is about sharing your time, skills, and compassion in a way that works for you. Whether you're crafting, fundraising, writing, or simply helping us spread the word, every contribution makes a difference.

Let's get started! Here are some ways you can get involved:



Volunteer

Makers



Do you love crafting, sewing or creating?

Our volunteer makers handcraft beautiful items that we sell at markets, online and by word-of-mouth to raise vital funds for our work.

How you can help:

- Make items using your own materials
- Create specific products with materials reimbursed by FOL
- Use recycled materials wherever possible

We also provide embroidered and care labels (e.g. Handmade by Barbara for Families Out Loud). Every handmade item tells a story and helps us continue ours.

Volunteer Helpers



Have a flair for events?

If you enjoy getting stuck in and supporting events, our volunteer helpers are always needed! We are involved in events across Wiltshire, so we're certain to be somewhere nearby.

You can help by:

- Setting up craft stalls and display stands
- Selling our handmade goods at markets
- Chatting to people about our work and raising awareness
- Delivering leaflets to community centres, GP surgeries and local businesses

A friendly face and a little effort go a long way in helping more families find the support they need.

Volunteer

Writers



Have a way with words?

Our volunteer writers create stories, articles and marketing content that we share on our website and social media.

Topics include:

- The impact of addiction on families
- Personal experiences (your own or anonymous stories)
- Poetry, opinion pieces and educational articles

We believe in the power of storytelling—your words could help someone feel less alone. Read inspiring volunteer stories:

[Hannah's First Year of Sobriety](#)
[The Power of Support Groups](#)

Volunteer

Fundraisers



Every penny helps

Fundraising is at the heart of what we do, helping us continue our vital work. Whether you want to fundraise on your own or with a group of colleagues or friends, there are options.

If you have a knack for rallying support, you could help by:

- Organising fundraising events
- Helping with street collections
- Sourcing raffle prizes and selling tickets
- Taking on a sponsored challenge (walk, run, cycle, bake-off—anything goes!)
- Assisting with grant applications

Even small fundraising efforts can make a huge impact.



Volunteer

Speakers



Want to share your story?

Spreading awareness is key to reaching families who need us most. 1 in 10 people in the UK is affected by someone else's drug or alcohol use—so the need is out there.

Our volunteer speakers (all with lived experience of family addiction) share their stories to help raise awareness and connect with others.

- Speak at community groups, local businesses, GP surgeries, or schools
- Represent FOL and explain the support we offer
- Be an ambassador for change

If you're passionate about helping families feel seen and supported, this opportunity is for you.

Join us —

Make a difference!

Every volunteer is a valued member of our FOL family. Whether you're offering time, skills, or simply spreading the word, we appreciate you.

- ♥ Already a volunteer? Thank you!
- ♥ Thinking about getting involved? We'd love to hear from you!

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