

Take Responsibility Build Confidence Give Back



Bendrigg Trust is a registered charity providing residential outdoor activity courses for people with disabilities.

Groups of people with a wide range of abilities come to Bendrigg to enjoy a fully inclusive experience of a lifetime.

The Bendrigg Alternative Scheme

"The Bendrigg experience allows us, as offenders, to remove the institutionalised feelings we have, where we are rewarded with trust, kindness and honesty. It helped me personally accept who I was and that I have a worth"

The BA Scheme

is designed to give offenders the opportunity to volunteer at Bendrigg. Supervised by our highly qualified staff, the volunteer will assist our team with the domestic routine and support people to challenge themselves in a range of adventurous activities including climbing, caving and canoeing. All whilst enjoying the freedom of the great outdoors.

Get back what you give...

The BA Scheme can have a profound and positive impact on the volunteers. It can help to change their outlook on life, how they view themselves and others, thereby often reducing their risk of re-offending.

- **improve wellbeing**
- **feel valued and a personal sense of achievement**
- **promote self-respect and self-discipline**
- **increase communication and social skills**
- **instil responsibility for others by showing commitment**



"The Bendrigg Alternative Scheme allows people such as myself to show who we can be. It gives us the opportunity to repay the faith shown in us, that we can make amends for our mistakes and channel these efforts into something amazing"





How to Apply

Due to the vulnerability of our clients, volunteers must be aged 16 years or over.

The scheme is open to:

- offenders on a probation order or serving a custodial sentence
- residents in an accommodation hostel
- individuals recovering from drug or alcohol misuse

Individuals looking to apply must express an interest by contacting their prison/probation officer/keyworker. A careful assessment will be made before a placement is agreed.

Information for professionals

To arrange a placement or discuss costs, please contact our BA co-ordinator via any of the contact details below.

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www.bendrigg.org.uk

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