

Voices Action Change Coordinator



Hello, my name is Tom Adams. I began volunteering within substance use services at Inroads in 2017 alongside my degree. Following graduating University I then started full time employment as a substance use worker at Gwent Drug and Alcohol Service (GDAS). During my time at GDAS I worked in Various teams including Engagement, Active Treatment Alcohol, Active Treatment Drugs and Aftercare team. During my time at GDAS I also helped to coordinate the Tier 4 (Rehabilitation centres and Detox) covid funding where GDAS were allocated £750,000 to allow for the placement of service users for up to 12 weeks in Tier 4 facilities. In 2022 I then transitioned to Cardiff and Vale Drug and Alcohol Service (CAVDAS) under the Children and young persons team

working with those under 25 on a one to one basis as well as delivering education sessions in schools. I have now been working as the Voices Action Change coordinator since March 2024.



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Voices Action Change

Peer Mentor



Hello, My name is Maleeha and I became a Peer Mentor for VAC in February 2024. Before this, I was studying Fashion Business & Management in Manchester during Covid-19 which resulted in severe decline in my mental health. My lived experiences include depression, anxiety, psychosis and substance misuse. In June 2022, I decided to return to Cardiff to look after myself and begin my recovery journey. I was able to engage with some part-time work, improve my mental health and participate in engagement requests through Caniad. Soon after, I was introduced to St Giles by my Barnardo's support worker in February 2023, an organisation which also helped me get back on my feet and enrolled me onto their Peer mentoring programme.

Peer-mentoring gradually grew closer to my heart and its given me the confidence to help support others who are facing similar challenges and experiences. Not long after, I applied for a full-time role at CAVDAS and got the job!



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