



What the
Volunteers
say

It's great to have a real purpose to have to get up and get organised to do. I love going to my organisation on the planned day I am also learning new skills, which I've been able to use for the future either in the home or if I return to the working world.

More people should volunteer - they will find time

It is enjoyable to be of help, use ones skills and be in a different environment

Volunteering gives me a chance to get out of the house, and think about something else.

"Volunteering was the best thing I ever did, I was a lost soul when I left the fire service and got my confidence back, met loads of people and have learned lots of new skills."

I have found the whole experience great.
Glad I started it

You get many rewards from volunteering
It's a good opportunity to learn new skills and gain understanding and get to know others

I wanted to find something which would not only give back a bit to society but would also keep me in touch with people.

I have really enjoyed it and still am, it has enabled me to see something different to my usual hobby of sailing.

It looks good on your CV and to employers when you apply for jobs, it's a good experience

It was slow to get started but has become a worthwhile and mostly enjoyable experience

I've gained a lot of new skills, know more about the community. I understand people who have difficulties more and know how to help them and how to handle situations—I have made new friends too!

I have been accepted as a person and valued for my skills – I've gained self confidence and self worth