

Appendix 1 – Volunteer Case Study

Tell us about yourself?

I've volunteered for Here2Help since January 2021. I'm a retired Nurse and after retiring I wanted to be more active so I decided to sign up to volunteer with Here2Help through Worcestershire County Council.

What made you want to volunteer? How did this come about?

I felt that I had lots to offer and give and I wanted to make use of my skills. I kept seeing so much about how people were suffering and alone because of COVID that I wanted to do something about it! I wanted to do something to really people and I felt that if we stand together and support one another through Here2Help then we could fight against this pandemic.

What kind of things do you do as a volunteer?

I regularly volunteer at a vaccination clinic. I have spent lots of time supporting my local clinic and it's been really varied. I have been supporting on reception and marshalling in the car park to great and welcome people. I have helped check temperature and make equipment hygienic. I have also sat with local people once they have been vaccinated to make sure they stay well. It's very busy and I feel I have really achieved something once my shift is over!

What are the things that you have enjoyed the most about Here2Help volunteering?

I love meeting new people and this has given me a lovely chance to make new friends!

It's also been great to meet and help members of the public and often I hear their thanks and appreciation for our hard work as volunteers. It's not just the public though, as a Volunteer I also meet the Pharmacy Team and NHS Teams that are present too.

Being a Here2Help Volunteer gives me a new sense of purpose because every time I volunteer I know that I'm doing something to make a real a difference in helping to save people's lives.

What would you want other people to know about volunteering with Here2Help?

I would say that the Here2Help Team have been really supportive. I've been kept informed and they always get in touch with me to let me know what's happening. It was very easy for me to sign up and use their website and once I was registered Here2Help have a kind personal approach that made volunteering really enjoyable.

It also allows me to volunteer in a way that's local to my area too.

What have been the benefits to you of volunteering with Here2Help?

I've loved volunteering it's made me feel useful and I feel I've made a real contribution. I've become active again instead of feeling isolated and getting out more has helped me to make new friends too. If I hadn't taken part in Here2Help volunteering I would never have had this opportunity or a new lease on life.