

# Don't just take our word for it ... see what other people have to say about their volunteering experience.

There are lots of positives about volunteering and we like to get feedback from the volunteers who have been helped by the Volunteer Centre. The following quotes have been taken from letters received from people who have started volunteering after their visit to the Volunteer Centre.

*It has made my life richer, I wish I had done it years ago.*

**Mark**

*When Eileen came to see us we discovered that there are many advantages to becoming a volunteer. Now I am helping in a Charity Shop, organising the clothes and I love it.*

**Irina**

*In January 2008 our class had a visitor from the Volunteer Office. Her name is Eileen Fielding. We had some inspiration from this lady. She talked to us about places where we could volunteer, such as hospitals, community centres, old people's day centres and charity shops. Now I am volunteering as a Youth Leader in my community centre.*

**Mohammed**

*Volunteering has shown me that I can help people who come to me for information or advice. Also, I now realise that there are many more things I am capable of doing and achieving than I had thought possible. This has made life much more rewarding.*

**Elaine**

*I really enjoy it. I feel great that I am doing something for my community*

**Helen**

*The help you gave me has allowed me to become a person in my own right and has completely restored my confidence in myself.*

*It is lovely to think that you can help other people and perhaps make a difference to people more vulnerable than you.*

**Janet**

*Volunteering has helped me to become more confident and has allowed me to gain valuable experience that in the long term will hopefully help me to gain a job as a youth worker or connexions personal advisor. It has also enabled me to put something back into my local community.*

**Katie**

*The Volunteer Centre helped me by matching my interests to a placement at a Day Centre for older adults with mental health problems and I started doing one day a week there in May 2007. I now do two days a week there and it has really given me a boost in my confidence, so much so that I have been able to get involved on other voluntary work as well. I think that the service that the Volunteer Centre offer is great – it really helped me anyway!*

**Naomi**