

Volunteer Profile:

Vera



- How long have you been volunteering with the Good Neighbour Scheme?

Volunteering with BGNS started about a year ago now I'm retired and living in Barrow, but I have been a volunteer with Girlguiding UK for thirty years, been a member of a parish council, village hall committee and weekly playground inspector in the past. I thoroughly enjoy being with folk, sharing time with them and helping out where necessary. There is always something new on the horizon with BGNS, no two days are the same but always bring a silver lining to what could be a cloudy day

- What is your primary volunteering role within the Scheme (i.e. providing transport, befriending, other)?

The role I serve with BGNS is support for folk who need to get to an appointment, a companion for a walk, and through my experience at work as both a librarian and Occupational Therapist, facilitate those things that are beneficial to us all. Prior to retirement I worked in hospital rehabilitation, community based psychiatric services and school libraries after gaining my MA at the age of 50, and don't forget those teenage Girl Guides and their sisters, Rainbow Guides.

- What made you decide to get into volunteering?

I volunteer because I don't really like sitting on my backside. I like to be involved and busy, and there is that gene that helps me to give up my time happily. I'm also getting to know folk in my new environment, and its such a good way to do it.

- What advice would you give to anyone who is interested in volunteering?

There are so many different aspects to volunteering time for any project. There are lots of roles and projects that need to be filled, so if you have a bit of spare time, a skill or interest that you'd like to share or can put to use in the organisation, put your name forward and enjoy the adventure. You limit what you can do with no need to do more that you are happy to do.