

# Volunteer Profile:

## *Helen*



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

I started volunteering a few months ago during the lockdown period. I noticed the group on social media and contacted Annette for a chat and introduction to how the group works

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

My primary role is as a befriender but I am also a driver and collect prescriptions. When it was possible I visited people in their homes for a friendly chat, cup of tea and any support they needed. I am currently making weekly phone calls and some walks around the village.

**- What made you decide to get into volunteering?**

I have recently retired so have more time on my hands. I recognised that lockdown could be considerably difficult for lots of people in the village and saw this group as an ideal opportunity for me to help. I also wanted to start some volunteering work and keeping it local means I can fit it in around other interests.

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

If you are able to give a few hours of your time to benefit your community I would highly recommend joining us. It is so rewarding to see the difference a little bit of time can make to people whether it be a phone call and friendly chat, collection of a prescription for someone who can't get out or giving someone a lift. I think we have all become aware of the need to support each other and this is one way you can do it. You can do as much or as little volunteering as you feel able to and advice and support is available whenever you need it from the team. Everyone is so supportive of each other and people are so appreciative of that little bit of help offered.