



## Volunteering has changed

### Anna's mind set

June 2021



Anna never volunteered before, feeling anxious, not working, with time on hand and no routine to follow.

Anna contacted Bolton CVS, started to receive the Volunteer Bulletin, Anna started volunteering with Changing Life Direction. She was involved in various activities such as, administration, shopping, phone befriender, and a Volunteer Independent Visitor.

Anna enjoys helping others very much, she has felt volunteering has been more beneficial to herself. It has improved her mental and physical health and wellbeing, given her the 'feel good' factor, has a sense of achievement and satisfaction and it changed her mind set for good.

She is very happy with the feedback she has received from the service users showing their appreciation and gratitude.

Anna feels herself very fortunate to have opportunities to support others who are in need and believes in Bolton's amazing voluntary sector!

Anna would like to inspire others too, she says, 'I do feel fully supported by Bolton CVS, you have been great since my initial contact with you and I am keen to use my volunteering experience where needed. I have learnt some valuable information about volunteering in Bolton.'