



My name is Jan and volunteering has always played a huge part in my life.

Living with the ongoing impact of a serious illness has inevitably made me review what is important. My involvement with charities who have supported me and continue to do so, help me to feel purposeful in the knowledge that I am making a real difference to other people who are going through similar experiences.

Macmillan continue to be a key source of support for me and have helped me to develop my skills and self-esteem. They have enabled me to offer one-to-one support to people affected by cancer through a craft group I run as an extension of Bolton's Macmillan Service.

I am also a very proud and passionate Willow Champion and Special Day Beneficiary for Willow Foundation who organise special days for seriously ill young adults aged 16-40.



The pandemic has meant that all charities are financially struggling more than ever, so me and my 10-year-old son, Daniel, decided to set up a Lock Down Just Giving page and Willow Supporters Facebook page to raise awareness. We began planning weekly quizzes online in support of Willow. It has been really good to have a positive focus each week as well as learning interesting facts, new skills and creating memories together.

Daniel has supported me to face my fears and I have encouraged and supported him as he has learned and developed video editing skills from scratch as well as presentation skills. We deliver the quiz each week with core themes around the charity and special days which gives us both the drive to continue.

In addition, I have been putting my craft skills to use and have created Rainbow felted 'Ring of Hope' wreaths to say thanks to our NHS and Keyworkers, with all donations going to Willow. I have also put my 'supporting others' skills to good use whilst at home and have registered as a 'Check in and Chat' Volunteer with the Royal Voluntary Service so that whilst in isolation myself I can befriend others who may be feeling lonely.

This is just a small snapshot of how giving to others is a big part of my life. Life experiences have undoubtedly had a huge influence on me and my son. As a result, everything I do helps me to mentally cope with the day to day uncertainties of living with the longer term impact of cancer and can only be described as 'medicine without the prescription'.

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Hi my name is Daniel and I am 10 years old. I like to volunteer and help my mum and I enjoy getting involved and organising events. I try to encourage and support Mum as she sometimes finds things difficult due to having had a rare form of cancer.

My Mum is very special to me and I know that the support she had when she was very ill has helped to save her life. I want to say thank you to these charities by talking about them and raising funds to make sure that other people don't have to suffer and can get the same help as my Mum did.

Mum and I work together as a team, we have lots of fun but we also work hard because I know how important it is to my Mum and how much of a difference we can make together to people just like her.