

## **A Volunteers Story**

When I became ill a few years ago and had to give up work, I never imagined that my life might be at all full and useful again.

Then a yellow leaflet came through my letterbox from Farnham Volunteer Bureau just at the time when I was beginning to get back on my feet. It set out, in clear and simple ways, a few of the opportunities and openings for volunteers. Nothing looked too daunting, even for someone like me who'd been out of circulation for many months.

But I still had to pluck up a little courage to call in to the Bureau at the Library in West Street. And I immediately felt better. It was such a warm and friendly welcome and then there was the careful, individual attention in looking for a role that might suit my special circumstances. There was no doubt that I was the one doing the choosing from a whole range of really interesting volunteering opportunities. There was certainly no feeling that I would be pushed to do anything that might be too much for me, or where I might feel less than comfortable.

Anyway, off I went with contact numbers for a couple of organisations and found myself within a very short time sitting in the Waverley Victim Support Office talking to the Coordinator about what they might need and what I could offer. Amazingly, at my first attempt I found what I needed - the chance to help out quietly with some office work and of taking on some specialised training when I was sure of what I could manage and what I wanted.

And it has all worked out, though a little differently to what was first envisaged. Before too long, I found myself both able and willing to be co-opted on to the Committee to help with publicity, recruitment and fundraising. It didn't seem to matter that I was so inexperienced because everyone around was there with help and encouragement and with that very vital ingredient - appreciation.

So, it's great to be someone who 'does' again, to be with interesting and caring people, to have people to talk to and to have something more in life to talk about. Volunteering is 'good medicine' in every way and for everyone who needs a little 'pick-me-up' in living and finding new horizons, restoring confidence, looking for self-fulfillment.

Give it a go!  
Celia S. (Farnham)