

Case Study the Benefits of Volunteering

After the breakdown of my 25 year marriage I was diagnosed with acute depression. The doctor referred me for counselling and from there I volunteered at vcaec as a gardener.

I was lost, lonely and all my confidence had left me. I was working with a variety of people, helping others in the community. I grew to realise that everybody has problems and they sometimes need help. My manager had me knocking on doors explaining who we were and what we did. I began to regain my confidence and began to face the world again. Granville, the Centre Manager asked me to become an Assistant Supervisor to help the Head Supervisor. This has led me now to be in full time work with East Cambs Council as a Grounds Maintenance Operative.

Today I am remarried and happy. A few years back I thought my life was over but now I realise there is always hope. Thanks to the help of others. Now I try to help others as I was helped. Volunteering, meeting and helping people went a long way to helping my recovery.