

## Pathways to Health: Penwith Volunteering Opportunities



**A lady came into our office to ask about possible volunteering opportunities within an office environment.** It just so happened that we were looking for some admin help. At the time "Anna" could not look for employment as she was waiting for a knee operation so was on DLA benefit. But she still felt she needed to keep herself busy and interacting with other people. We offered Anna a placement with ourselves and neither of us ever looked back. Anna threw herself into the volunteering and became one of our stalwart volunteers. She attended any Wellbeing sessions that was organised, helped out with a beach clean, became a buddy/befriender on our We Can Keep Active sessions and she supported us with volunteer promotional events. In fact Anna became invaluable. Earlier this year she underwent knee surgery and after a suitable recuperation period, Anna was able to start applying for employment again. She was successful in gaining employment with MENCAP as a support worker and although it was our loss we always say that volunteering is a step towards employment if the Volunteer's ultimate goal is to gain employment. So we wished her all the best but said the door was always open, even if it was only to pop in for a cup of tea and a chat.

