

Dawn's Story



Ashfield
VOLUNTARY ACTION

I began volunteering in May 2021. I had worked 37 years in the Education Sector and took early retirement. I decided that in this next chapter of my life I needed structure and I wanted to meet new people and help out where I could.

I learned about AVA when I came into the building for my Covid vaccine. I spoke to one of the Covid volunteers whilst I was waiting for my jab and we got chatting and she told me all about AVA and the work they do. I first applied to be a Walk Buddy for AVA and when the volunteer co-ordinator spoke to me about my past work experience, she asked if I would be prepared to also do some volunteering as an administrator.



I really feel valued by my new colleagues and enjoy working as part of a team. Before stepping through the door I was a little bit nervous, but as soon as I took that first step, I felt fine. Everyone was so welcoming, I came in for an 'interview', but really it was more of a chat. Everyone was so nice and I felt like I fitted in straight away.

Volunteering gives you a chance to try a new challenge and meet people. I feel like I have turned the page from my previous life. Volunteering at AVA has given me a sense of purpose and I feel that I am really contributing to the community and that my contribution is valued.

It can be difficult to take that first step, but it is so rewarding. So I would say, definitely go for it and get in touch, I am so glad I did.



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**Would you like to
meet new people,
learn new skills,
make friends and
give something back
to your community?**

**Maybe volunteering
is your next step?**

**Contact Ashfield
Voluntary Action to
find out more**

☎ 01623 555 551

