

Jenni's Story



Ashfield
VOLUNTARY ACTION

Volunteering has given me a real purpose in life. My health is not very good and this means I can really struggle to get out of bed in the morning. In the past I always used to volunteer with the Cubs, Scouts and youth organisations, but as my health deteriorated I felt that I could no longer do it.

As a busy Mum, with six children and five step children, I sometimes felt really isolated and as though I no longer have an identity other than as 'Mum' or 'Mamma'. For the last two years I feel like all I have done is do the school run. I saw an advert for one of the craft groups and decided to go along, but as I chatted to others it prompted me to take another step. I had done market stalls in the past and from talking to the others we had the idea to fundraise for AVA. They do great work in the community, but with more funding they could do even more. We decided to a market stall for AVA and it all went from there really.

I love the work I do for AVA; it has given me a new purpose in life. I feel like I have got my individuality back and it is nice to interact with other adults. Volunteering has lifted the darkness; that feeling of dread from being alone all day because everyone is out. My mental state has definitely changed and I feel that there is a bit of light at the end of the tunnel. Through volunteering I have met new people, made new friends and it has really reinvigorated me. I have found that being more mobile has helped too, don't get me wrong, I know it when I have done too much, but I definitely feel that moving about so much has helped my mobility. If you're thinking about volunteering; go for it - you won't regret it - I haven't looked back!





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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

