

# Karen's Story



**Ashfield**  
VOLUNTARY ACTION

I don't really know how I came to volunteering. I was new to the area and didn't know anyone. I thought it would be a really good way of getting to know the area and hopefully making some new friends at the same time. I also liked the idea of giving something to the community. I was at a bit of a loose end, as there wasn't much in the way of work because of Covid. I decided it was the perfect opportunity and time to give something back, keep myself occupied and maybe meet new people.



I looked online and came across Ashfield Voluntary Action. I rang up and talked through the options of what I could do. I was particularly interested in doing something around health and wellbeing. Because of the pandemic, everything was on hold, or if things were happening they were over the telephone, rather than face-to-face. I first signed up to do the Census Support work, but I was particularly interested in doing the Buddy Walks. As we are only just starting to have face-to-face activities again, things have been pretty slow to get off the ground and so I haven't done much so far. The buddy walks are changing to befriending and I am looking forward to doing that as the situation eases.

Although it hasn't gone quite to plan, I don't regret volunteering at all. Circumstances with the pandemic mean that I haven't been as involved as I would like to; but there is potential. As well as that, everyone at AVA has been really welcoming and I absolutely feel that I have made new friends and got to know people locally, which is what I wanted.



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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**

