

SHOUT ABOUT YOUR VOLUNTEERING



My name is Cathy and I live in Wimbledon.

The Wimbledon Guild came and spoke at the supported housing I live in when I'd just moved to the area so I was aware of their services.

It was a difficult time for me as my mother had just been diagnosed with dementia and my son had gone to University in Liverpool. I felt lonely, lost and bewildered.

I started to attend keep fit and IT lessons and I can now use a computer and communicate with my son by email.

What do I enjoy about giving my time?

I wanted to give something back to my community so now I volunteer every Wednesday at the Wimbledon Guild. I work with people who are affected by dementia. I've attended lots of training to support me in the role.

What I find most difficult is not having more time as I would like to go in more often!

The best thing about volunteering is that I feel accepted and appreciated by colleagues and clients and have met some lovely people. It has also helped me relate to my mother.

My volunteering contributes to Merton by creating connectedness between older people who live in the community.

SHOUT ABOUT YOUR VOLUNTEERING by telling your friends in person
and online what you do to make Merton a better place.