

SHOUT ABOUT YOUR VOLUNTEERING



My name is Christina and I give my time to the Merton Parkinson's Support Group.

The group meets once a month and offers information and friendship to local people through events and activities.

When we meet we usually have a speaker or a pamper event.

What do I enjoy about giving my time?

I became involved with the Merton Parkinson's Support Group when my husband Anthony was diagnosed and I continued to be involved when he died because of the support we had received.

I find volunteering rewarding and over the years I have established some firm friendships and enjoyed the social events.

Having been a carer for my late husband, I find that sharing my experience with those who are currently caring is of support to them and healing to me.

Of course, support groups are only as effective as their volunteers and Parkinson's Groups are blessed with excellent volunteers...although we always need more.

My volunteering contributes to Merton because by giving my time in this way, those who are affected by the illness can be linked to local friends.

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