



I'm Charmian and I am a Macmillan Beyond Diagnosis volunteer for Self Help UK. I have been an active volunteer for about five weeks now, supporting two clients over the phone.

I was looking for additional volunteering opportunities. I already volunteer with a heritage group and I wanted to do something different, something less physical!

The reason I chose Macmillan Beyond Diagnosis as opposed to another organisation was purely serendipitous. I just happened to read an article in the local Rushcliffe News about the opportunities to volunteer with Macmillan Beyond Diagnosis and this seemed to be just ideal for me. My career has been in health and social care support and I felt that as I was good at this professionally then it would be likely that I would have transferrable skills.

Personally I find the benefits of volunteering a two way process. You are in a position to contribute positively to something and it also feels uplifting to have made a difference to someone or something.

As I have not had the opportunity to carry out this support face to face yet, I can only comment on the volunteering support I have provided over the phone during 'lockdown'. I enjoy having a conversation with my clients and getting to know them better each time. The circumstances of their situation means that they may feel lonely and frustrated and my call, I think, is appreciated and gives them the opportunity to have a chat and talk about their day or week to someone who has time to listen. I am looking forward to actually meeting them in the future if this becomes possible.