



Hi. I'm Isabel, and I have been volunteering with Macmillan Beyond Diagnosis, Self Help UK, since April this year.

I became a volunteer so I could give back some of the incredible and absolutely essential support I myself received when I was diagnosed with leukaemia in 2018. Family and friends stepped up, but so did many others in the community, including services like Macmillan. Being there for others is my way of passing on *the goodness* that was passed on to me.

I chose to volunteer with Macmillan BD as opposed to any other organisation for two reasons. One, I am immensely grateful for the support I personally received from Macmillan in the form of information, advice, and a money grant. Second, I knew that I would receive training to help me become an effective volunteer and that I would be supported throughout my volunteering. This reassured me that both I and future clients would be safeguarded.

Volunteering helps me reflect on my own experience of cancer treatment, the feelings and emotions I experienced at the time. There's a lot that is different about each person's journey through treatment, but there are also similarities and these have reinforced my sense of belonging to a common humanity.

Volunteering during the lockdown is very different to what I had expected volunteering to be, but it's been easy to adapt and feel that we're offering a worthwhile service. Like most things, there are advantages and limits to phone support but the various messaging and video apps are really helpful.