



My name is Sheila and I am a Beyond Diagnosis Volunteer with Self Help UK and Macmillan. My husband was diagnosed with cancer and I was his main carer, when he passed away the Macmillan Nurse who had been supporting us suggested that I might want to think about volunteering for the Beyond Diagnosis Service and that this may be helpful to me with the way I was feeling. At the time I was not ready, a year I later started to think about things differently. I thought about the things I wanted to do and ways to help others in and around my community. I saw an advert in the village magazine to become a Beyond Diagnosis Volunteer to support people affected by cancer and contacted one of the coordinators. We discussed the role and I went through the process of the training and then got matched with a client to offer support. I have been with the service for over a year now and I have been able

to support and give something back, I love the role of Beyond Diagnosis Volunteer and feel I am helping others dealing with the effects of a cancer diagnosis.

Within my volunteer role I am able to help someone who's been affected by cancer to talk openly about how they are feeling with someone outside the family, It's important for people to be able to share their feelings and thoughts as that helps people when they are going through hard times. Volunteering is a good way to get to know others, finding out their interests and what makes them happy. I feel that this helps the person try to get back to living their life and looking beyond their diagnosis.

After caring for my husband, I was left feeling at a loss and the role has helped me to look outside myself and look at the bigger picture, I don't focus on my loss and I am thankful for what I have and the support I am able to offer to others.

Volunteering with Beyond Diagnosis has helped me grow as a person, I feel I have given myself a new challenge and I am able to give something back to my community. I would recommend volunteering with Beyond Diagnose to anyone.