



Volunteering gave an anxiety sufferer the confidence to meet new people and try new things.

What happened

As a long term anxiety sufferer, the potential volunteer came to BCVS to seek help and advice on how they could go about volunteering locally, and if we could help her find something suitable that would not be too intimidating or structured. They wanted to meet friendly new people that would welcome her without too much of a fuss and allow them to take on the challenge at their own pace.



Volunteer Quote



I really enjoyed volunteering at Muddy Fork. I am really proud of myself for having the confidence to try again when the first placement didn't work out.



How we helped

Our Volunteer Coordinator worked with the potential volunteer to get to know them and find out what they might like to do. The first placement was not suitable so the volunteer tried again at a second organisation and this one was a success.

Placement 1

The volunteer expressed an interest in something active so a placement was arranged at an active organisation. Our Volunteer Coordinator attended with them for the first visit. Unfortunately, as a result of a follow up call, the volunteer expressed that they were not enjoying it, so the volunteer coordinator helped them to try again somewhere else.

Placement 2 - Muddy Fork gardening group

When the volunteer came back to ask for a new placement, the volunteer coordinator took on board the feedback and found a new opportunity at Muddy Fork gardening group. Again, we attended with the volunteer for the first visit. This was much more successful and the volunteer enjoyed their placement and wanted to go back.

Key outcomes and impact:

- ✓ Increased physical activity as a result of the nature based outdoor activities involved.
- ✓ Reduced loneliness as a result of creating new friendships and connections.
- ✓ A noticeable reduction in anxiety levels, and the new found confidence to try again when the first placement didn't work out.