

The Impact of Volunteering

Sharing the Values of Volunteering
with future generations | Oct 2024

Making Connections

Our Volunteer Co-ordinator, Tamsin Robinson was recently contacted by Samantha Ennor- Pengelly, the Cadet Unit Leader at Liskeard St John Ambulance Cadet Unit, asking if we could provide a volunteer to come and talk to the cadets about volunteering with Age UK Cornwall as a part of their ongoing learning programme.

In a spirit of collaboration, Tamsin, ever eager to join forces with fellow organisations, reached out to Roy Perkins, our dedicated 'Community Wellbeing Volunteer'. She inquired whether he could share insights with the cadets about AUKC & IOS, along with the values of volunteering with us. Roy, always ready to champion our mission, crafted an engaging 'PowerPoint' presentation that focused on who we are and our commitment to fostering partnerships that empower communities to thrive in later life. He underscored the vital role of volunteers within our charity.

The presentation showcased the array of services we provide, placing special emphasis on the 'Kernow Community Gateway,' which boasts a dedicated telephone line accessible to all, offering a wealth of professional voluntary sector support. Additionally, he highlighted the diverse volunteer roles awaiting those who wish to embark on this rewarding journey.



The Benefits of Volunteering

Roy filled the Cadets in on a little secret: life is a whirlwind, and squeezing in volunteer time can feel like catching confetti in a tornado. But hold onto your hats, because the perks of volunteering are like finding a pot of gold at the end of the rainbow. Not only do you lend a helping hand to those in need and support worthy local communities, but you also get a fabulous boost for your own mental and physical health. Think of it as a superhero cape that battles stress, kicks depression to the curb, keeps your brain buzzing, and wraps you in a cosy sense of purpose.

You don't need to sign a lifetime contract to make a difference. Even the tiniest acts of kindness can sprinkle joy and improve your well-being. Giving, even in simple ways, can help people in need and improve health and happiness. Dedicating your time as a volunteer can also help you make new friends, expand your network, and boost your social skills - **it can even help you find your dream job.**

Building Partnerships

The presentation was a hit with the young cadets, and Roy couldn't help but sing their praises for being such eager listeners, asking wonderful questions, and starting great conversations on the topic of Volunteering.

Roy, also wanted to give a thank you to the amazing Cadets, especially Samantha Ennor-Pengelly, the Cadet Unit Leader at the Liskeard St John Ambulance Cadet Unit, and Simon Ennor, the District Youth Lead for Cornwall and Isles of Scilly. They rolled out the red carpet for him and showed such enthusiastic interest in the fantastic work of Age UK Cornwall & IOS.

If you would like to get involved in Volunteering, please contact Age UK Cornwall on **01872 266383**, via email: volunteering@ageukcornwall.org.uk or via this link below:

www.ageuk.org.uk/cornwall/get-involved/volunteer/



St John's Ambulance Cadets

The St John Ambulance Cadets program caters to young individuals aged 10 to 17, offering a diverse array of activities and opportunities. This program encompasses enriching topics that promote personal development. In addition to acquiring First Aid skills, Cadets engage in social interactions, contribute to their local communities, and gain insights into health and well-being. Find out more about the program or a group near you, please visit:

<https://www.sja.org.uk/get-involved/young-people/cadets-ages-10-17/>