



Here at Brunswick Hub we invited our volunteers to tell us what volunteering means to them...

Quotes...

Volunteering is useful to all, and is very good. *Martin*

Volunteering helps to give help to people in need, nice to see people enjoying my company. *June*

Volunteering has inspired me to help others, realise diversity of peoples needs. Hopefully listening, talking to others, being friendly takes me away from my own problems.

The hub is a busy thriving place with a real community feel, I just love my volunteer morning on reception!
Debra

Its good fun! *Julia*

I like to volunteer as it means that I can give back to the community. It makes me feel worthwhile and helps my mental health, keeps me active.

Such a welcoming, friendly place to come, everyone is welcome.

I enjoy being part of a friendly team, gives me a sense of purpose and I like helping people.

I enjoy the company, helps build my confidence.

I like to volunteer, it gives something back in the community, helping me to stop drinking and keeps me active.

Volunteering means to me, helping others, being friendly, being part of a team and I am always smiling. *Julie*

