

Volunteer Centre Wiltshire

Volunteer Case Study – Yetta Anderson

Yetta had been out of work for a few months and was getting more and more demoralised as she applied for job after job and heard nothing back. She decided she needed something to do with her time other than sending her CV out and thought that she'd like to do some volunteering but didn't really know where to find out what was available in her area. Luckily, just as she was wondering how to go about it she saw a post on the Warminster-Web about volunteering with a link to the Do-it website.

Having looked at the various opportunities on Do-it she selected on a few nearby and applied for them but the role that really appealed was Oxygen Therapy Volunteer at The Wessex MS Therapy Centre. Oxygen therapy is believed to help repair tissue injury and can be beneficial to MS sufferers. The patients go into the oxygen therapy chamber in small groups for up to an hour and the centre was looking for volunteers to assist in the operation of their barochamber.

Not long after applying Yetta was at the centre shadowing two of the operators. She picked up the role quickly as, although it is quite technical, she is a scuba diver and therefore has some understanding of pressure and the use of oxygen. This gave her confidence using the equipment and helped her get to grips with the role. On her next session she felt confident enough to be 'hands on' and operate the chamber under supervision. Soon after, she was operating as a number 2 operator at least once a week.



Yetta (left) with Barochamber Manager Sarah

Yetta really enjoys working at the centre and is currently operating two or three sessions a week as well as picking up extra sessions to help out. While she is there she helps out with other jobs too and is really enjoying being part of the community there. She says that volunteering at the centre "has done me a world of good". Having been out of work for a while volunteering has given routine and reason to Yetta's days and she's enjoying getting out, meeting people, feeling useful and being appreciated. Her self-confidence had taken a blow but since starting at the centre her sense of self-worth has soared.

Yetta is still looking for a job but she's enjoying the role so much she hopes to fit it in around any work she finds. She also feels that working at the centre has given her the confidence to sell herself in interviews and she would recommend volunteering to anyone. An added bonus is that when Yetta applies for jobs she is able to put the Centre down as a recent referee.

Since we spoke Yetta is proud to tell us that she has now been certified as a number one operator.