

The human side of volunteering: A case study

with Martine Sheridan, Macmillan
Beyond Diagnosis Service



Partnering for impact

Since 2015, Self Help UK has proudly partnered with Macmillan Cancer Support to make a real difference in the lives of people affected by cancer - both those living with it and the people who care about them. With the help of our incredible volunteers, we've supported over 1,700 individuals one-on-one, and many more through our work with local peer support groups.

Volunteers at the heart

And none of this would be possible without our volunteers.

Right now, more than 70 dedicated volunteers are offering emotional and practical support to people across Nottinghamshire, helping them navigate one of the most difficult journeys of their lives. These amazing individuals are at the heart of what we do, and their impact is felt every single day.

Support from NCVS

We are deeply grateful for the support of the Nottingham Community and Voluntary Service (NCVS).

They've played a huge role in helping us spread the word about our volunteer opportunities and reaching more people who want to make a difference. In fact, almost half of the enquiries we've received in the past year have come through NCVS - thank you for being such a vital part of our community outreach!

Hope, in his own words

But sometimes, the best way to understand the power of volunteer support is to hear it straight from someone who's been there.

So, we'd like to share a few heartfelt words from Neil, who's living with Stage 4 kidney cancer, about what having a volunteer by his side has meant to him:

"The feelings were muddled. As far as the volunteer support you offered, I didn't know what to expect. We didn't have a script. We've got on well, and it's been good fun. We've had a laugh and it's been something to look forward to. We wandered around lots of different subjects... I'm in a maintenance phase now. It's given me hope. The hard yards have been done. It's made me feel better.

I just want to say thank you very, very much for the support, effort and laughs we've had along the way. I would say to jump in with both feet and see what happens. You're not going to be sat in this hole forever!"

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Jump In with both feet

We couldn't have said it better ourselves. To our volunteers - thank you for the laughter, the compassion, and the hope you bring.

If you're thinking about volunteering, maybe now's the time to jump in with both feet. You never know just how much of a difference you could make.

To find out more about our service:

- Visit our [website](#)
- Or contact: beyond.diagnosis@selfhelp.org.uk



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