

Volunteering Case Study

Moira Dunning

Moira Dunning has been a volunteer most of her life, in some way or another, but it wasn't until she attended 2015's Older People's Day event that she began volunteering with CVS Falkirk.

"I was brought up with it. My parents were very involved in the church. I was expected to do the same, and I did – and I enjoyed it! I even used to teach Sunday school."

She was looking for something else to do when she went to the event, along with the volunteering she already did. She loves volunteering and being able to get out in the community, especially as her perception of retirement changed after her husband's death.

"I wanted something to do. I sorted the garden and I do a lot of travelling to places like Brazil and China, but I wanted to channel my time into something productive, too."

When she went to the Older People's Day event, she was impressed by how enthusiastic the CVS Falkirk staff were. "I thought, I can do that. They were doing something worthwhile, and I thought it was a brilliant idea."

Moira began volunteering with one of CVS Falkirk's health projects in October 2015; in June 2016, she received an award from CVS Falkirk at their annual Volunteer Awards Ceremony, recognising and thanking her for her effort and commitment.

Moira already volunteers with two other organisations, as a receptionist and a tutor for people with additional support needs. A former Sunday school teacher, being able to help people is important to her.

"I don't just volunteer for the sake of it – I want to believe in what I do, to make a difference."

And she says, why shouldn't she volunteer? Her age shouldn't be a reason to stop or slow down. "I'm fit and I can get out and about, and I meet great people."

"I enjoy myself, more than I would being at home by myself!"