



CASE STUDY • MOIRA DUNNING



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

"My parents were very involved in their church. I was expected to do the same, and I did – and I enjoyed it!" She was looking for something new to do, along with the volunteering she already did.

"I want to believe in what I do."



At the 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 June 2016, she received an award at their annual Volunteer Awards Ceremony, thanking her for her effort and commitment.

"I thought, I can do that."



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



CVS Falkirk

The Third Sector Interface for Falkirk and District



Supporting, developing and representing
community groups, voluntary organisations,
social enterprises and volunteering.



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