

# #STOKE-ON-TRENTTOGETHER

## Vintage Volunteers: Angela Building Confidence Through Volunteering

Angela began volunteering with Oxfam after connecting with VAST, looking for a way to rebuild her confidence and do something meaningful. With support from the team, she found a role as a shop assistant, where she now spends time helping with day-to-day tasks and engaging with people in the community.

Through her volunteering, Angela has enjoyed meeting people of all ages, learning new skills, and regaining a sense of routine. Simply getting out of the house and being part of a team has had a positive impact on her wellbeing, helping her feel more connected, confident, and hopeful about the future.

Volunteering has also helped Angela take the next steps towards employment and wider community involvement. She now volunteers more regularly, attends local activities, and continues to build her confidence. Angela plans to keep volunteering even when she returns to paid work, showing how it can play a lasting role in personal growth and wellbeing.

