

Claire (right) has been volunteering in ACACIA's charity shop in Wootton since July 2023. She wanted to share her story with others, hoping that it will inspire more people to volunteer.



Claire suffers from a number of physical disabilities, which have left her unable to walk unaided and have also affected her mental health. Claire lives alone and doesn't have any family nearby, and before she volunteered for us she only left her home to visit her local church and to pop to the Co-op once a week. Claire started also coming to our shop on the way home from the Co-op and started talking to Penny, our Shop Manager (left in photo above), who suggested she started volunteering in the shop.

Since joining ACACIA, Claire's mental health has improved so much that she no longer requires her support worker.

ACACIA welcome all volunteers, including those with disabilities, and find suitable roles for them in the shop. For example, Claire cannot stand for long periods of time, so was allocated a position on the till where she can be comfortably seated.

Our shops simply couldn't operate without our wonderful teams of volunteers—and we know that our volunteers get so much out of volunteering for us. It is so wonderful to hear stories, like Claire's, of the truly positive benefits volunteering can have.

'Volunteering has changed my life... I feel that I get back so much more than I give'

We are always looking for volunteers—get in touch!