VOLUNTEER

CASE STUDY

KATE GROVE

KATE GROVE

DIGITAL AND EVENTS VOLUNTEER CUMBRIA CVS

KATE'S VOLUNTEER ROLE

Kate Grove has been a digital and events volunteer for Cumbria CVS since 2024. Kate has brought her passion and skills to a varied role where she has supported Cumbria CVS in delivering a range of events, created case studies, promotional material and information resources for the organisation.

Having previously worked supporting local councils with community resilience Kate decided to volunteer for Cumbria CVS as a way to keep up her skills, knowledge and connections within the local voluntary and community sector while she was between jobs.

I knew that if I didn't start volunteering within a similar sort of role or organisation within the sector that I would lose my knowledge very quickly. I also knew from experience of supporting people into work through volunteering that it's a good way to keep your confidence because I think you lose your confidence very quickly once you stop working.

Kate was aware of the positive work of Cumbria CVS and was keen to be part of an organisation that was making a difference in local communities something she is passionate about.

One of my aims in volunteering is to support communities and that is what Cumbria CVS are there to do to support the voluntary and community sector and I wanted to be part of that and that type of role is what interests me.

Volunteering for Cumbria CVS has allowed Kate to work in ways which suit her interests and skills and she has been well supported by the Cumbria CVS team.

I have enjoyed that it's quite varied, Judith the person I've had the most contact with has been very good at seeing where my strengths and interests are and actually utilising those.
I have also met some really nice people because I have met a lot of the CVS team now and I've met lots of voluntary, community, faith and social enterprise organisations and I have been able to learn more about the sector and what goes on in Cumbria and found that very interesting.

Kate has found volunteering has had a very positive impact on her wellbeing and confidence and has now been successful in applying for a paid role with Cumbria CVS as a Development Officer covering the Mid Copeland area.

I'll definitely say it's increased my confidence to the point that I was able to apply for a paid role and be successful. I think it has also given me a better balance in life because I do have active hobbies that take quite a number of hours but this is using my brain so it's something very different and it is very satisfying and makes you feel good.

Kate would give the following advice to others considering volunteering:

I would say that there's a role for everybody, you know anybody can volunteer and there will always be something that will suit your skills, interests and experience and what you are passionate about. I would strongly recommend getting in touch with Cumbria CVS because they are experts at looking at those qualities within you to match them with the correct volunteering opportunity.

We asked Kate what three words she would use to describe her volunteer experience she said:

Empowering, learning and rewarding.