

Case study: Finding My Spark: Kristina's story

Volunteer name: Kristina Ramjahn

Age: 37

Volunteer role(s): Service Mapping, Help at Home

Motivation to volunteer:

After moving to a new area, Kristina found herself a little lost and struggling to find direction with her confidence at an all-time low. When Kristina's children started school, and finding a big gap in her day she thought, "This is the perfect time to aim for something big and meaningful in my career, but where do I start?" That's when Kristina decided to try volunteering with Care Network Cambridgeshire.

Volunteering to employment:

For Kristina, the meaningful assignments, such as service mapping and providing client support, were interesting and engaging, although it wasn't just about helping others; she was also honing her professional skills! The mandatory volunteer training courses provided transferable skills and employer recognised certificates were useful for CV enhancement.

Wellbeing Benefits of Connection:

Finding a growing compassion in supporting others, Kristina gained clarity on what she wanted from future employment. While engaging with the wider Care Network Team, helped restore her confidence, Kristina states "I have had very positive feedback after doing research work, which made me proud and happy to contribute to a good cause".

Overall positive impact and encouragement:

Kristina highly recommends volunteering as a brilliant way to help others, gain new skills, experience, confidence and employment. "I am just really grateful for the opportunity to be a part of this amazing organisation and provide help and support" she says.

Kristina has now found employment although still finds time to volunteer with us!