

Marc's story

I am in recovery from addiction and have been sober for over two years.

I am proud of my recovery and very proud to be a volunteer at City of Chelmsford Mencap.

Upon graduating rehab, I was advised that an immediate return to full time work was not ideal and to consider volunteering. So I volunteer with three local charities; two that are involved in the provision of rehabilitation services, and City of Chelmsford Mencap. I have found that volunteering provides me with structure, routine, responsibility, purpose and real challenge in my daily life.

I currently volunteer for two days a week with CCM's lifelong learning service, The Outreach Academy, and I love it!

I love it because I know that my commitment as a volunteer really adds value to the service provided to the students and that the role of a volunteer with CCM is fundamental to the delivery of that service on a daily basis!

My professional life has been in the care and support of vulnerable adults for more than 30 years and in volunteering I can bring those transferable skills and experiences that are relevant and useful to CCM.

Being valued is important in recovery, along with a sense of belonging. I feel that from my very first day of volunteering at CCM, the remarkable and special people - staff and students alike - made me feel welcome in my new role as a volunteer.

Volunteers are part of the heart of CCM and know the real value of our volunteering is helping to create what I like to call 'Mencap Magic' that touches everyone of us at CCM. It is a special place to be!

Giving back is an important part of my recovery journey - I have my life back now and a very important part of that is my voluntary work with City of Chelmsford Mencap - helping others live their best life.



If you're thinking of volunteering, wow! Just do it! The rewards are mega! It's so much more than you can ever imagine.

