



## Volunteering with TCV

### Volunteer case study: Duane, TCV Manchester

*“When I hit the floor, I died. But when I came back to life, I couldn’t speak or anything ... I couldn’t move, I couldn’t walk. Honestly, I didn’t want to live. I didn’t want to be here anymore. I had no choice but to push myself as far as I could.”*

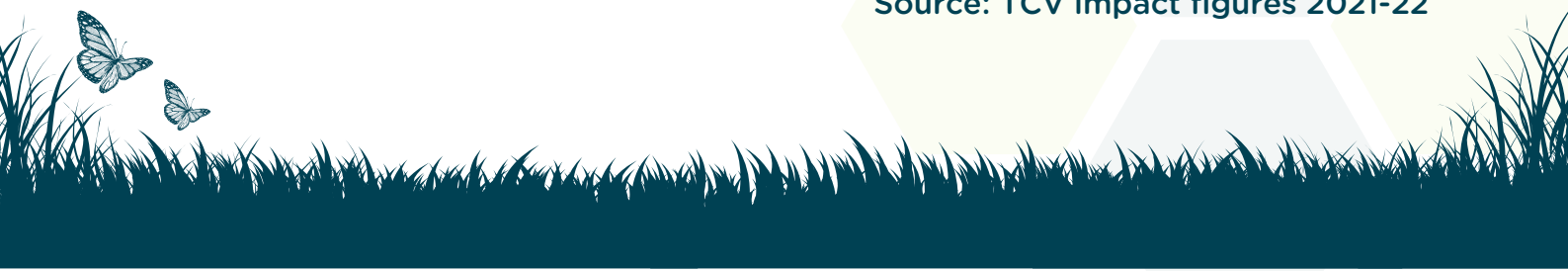
Duane, TCV volunteer

**Through the work of The Conservation Volunteers, people improve their physical and mental health and wellbeing, by being outdoors, active and connected with others.**

After being injured in a knife attack that left him with complicated health issues, Duane joined the TCV Manchester Midweek Group. In the six months since he joined, Duane has made remarkable improvements. He can now use a wheelbarrow – something he struggled with when he first joined. He is more social and chattier and is now an active and hard-working member of the team. Duane doesn’t shy away from a job no matter how difficult, a great example of determination and perseverance.

**93% of our volunteers are more connected to nature and feel their wellbeing has improved since volunteering with TCV.**

Source: TCV impact figures 2021-22





***"Duane has come a really long way and he's put so much effort into his recovery. He works really hard and he gets on so well with the group, he's like a vital piece of our Thursday group now."***

Abigail McBrien, Senior Project Officer

TCV in Manchester and Merseyside provide volunteering opportunities to all who want to get involved in practical conservation work to improve local green spaces.

When Duane first joined TCV, he struggled with fine motor skills. It was an effort to put his gloves on and use hand tools.

After a mere six months, Duane can now do all those things and more. Throughout his journey with TCV, he never hesitated to give things a go, even if it took him longer than others.

He never complained, never got frustrated. He kept going, stayed positive and showed that with hard work and determination, anything is possible.



***"When he first started, he confided in me that he found it difficult to speak to groups of people, that was why he was quiet at break time. Since then, perhaps without him even noticing, he has become far more social. He engages in conversation with all our volunteers and has a surprising sense of humour!"***

***Duane's story is almost unbelievable, and he has made great progress in such a small time. We're all so proud of him."***

Abigail McBrien, Senior Project Officer





*"Duane's picking up loads of skills with us, things that will help with his independence. Stuff like fine motor skills. But most importantly, I think he's picking up social skills, just the ability to talk to people from different background and spend the day with them without feeling nervous and shy."*

Abigail McBrien, Senior Project Officer

*"To be part of a team to help do something next to my neighbourhood is really good. It's who I'm with that's been a big help to me. I cannot thank them enough."*

Duane, TCV volunteer

### **Volunteer with TCV**

TCV delivers practical volunteering programmes in local communities across the UK, providing people with everything they need to play an active role in creating, protecting and improving local green spaces.

### **Join a Green Gym™**

TCV's Green Gym improves health and wellbeing through group-based physical activity with a purpose. The emphasis is very much on improving the physical and mental health and wellbeing of those involved, while enhancing and protecting local green spaces.

**Find more ways that TCV projects and volunteers impact on the community and how you can help by visiting our website.**



[www.tcv.org.uk](http://www.tcv.org.uk)

