

Caroline is a diabetes education volunteer in Luton. Caroline retired in 2023 after working in NHS-led services for 23 years. As a child she helped her mother who was also a volunteer and instilled in her a love for giving back.

"I found it difficult to adjust to retirement and when I saw an advertisement at my local clinic for a diabetes education volunteer, I decided to apply.

"I volunteer for 2-3 hours every Tuesday and my responsibilities include calling patients to remind them of their upcoming diabetes education sessions. I thoroughly enjoy the benefits of volunteering and feel that it has made a positive impact on my life.

"I love the connection with people, I feel part of the team now and it's just like going to work with lots of advantages. It's given me a sense of purpose and I feel like I am giving something back.

"I love that I still have the connection with the NHS, I have been given lots of opportunities and everyone is really helpful and approachable. I enjoy it so much and have had such a positive experience. I definitely recommend volunteering to anyone, it's so rewarding."