

## Allan's story



Allan is an 80 year old gentleman who lives alone after his wife passed away a few years ago. He has good family support from his cousins and sister-in-law but has no contact with his adopted children.

Allan is retired and has worked as a miner, then later in a cheese factory, he also worked in a scrap yard and as a farmer for over 40 years.

Allan felt a little lost after he lost his wife and decided to do some volunteering with Age UK North Tyneside and has been with the charity ever since.

Volunteering gives Allan a purpose on a day to day basis as he was feeling that all of his days were rolling into one.

Age UK North Tyneside appreciated that as an older person Allan was at a point in his life where he needed something to bring him focus. They offered Allan the opportunity to join the EveryDay Care & Support Wellbeing Centres as a volunteer. He was provided with full training prior to joining the centres.

Allan feels that by volunteering he has become more patient with others including the staff and people living with dementia, he feels happier knowing he is doing something that is also helping others.

Additionally Allan has undertaken lots of fundraising for the charity including walking over fire no less in a world record breaking attempt at the Newcastle Falcons rugby ground.

Allan said "Volunteering makes me feel wanted and still useful, as getting older makes me feel that I am no longer needed by people".