**Roy Anderson – LGOWIT Community Networker**

Why do people volunteer? Well, I think, a lot of people who are volunteers actually have started off by coming to, maybe, one of the Living Better groups and got to know the project and different people within the project. So they’ve moved on from that, wanting to help, wanting, perhaps, to be more part of the project and to get more involved. So we encourage that, perhaps, them to think about maybe, you know, coming along and do a training course and, perhaps sort of, once they have done the training course themselves they might look to, perhaps, think of leading it if that’s what they would like to do.

**Catherine Gaston – LGOWIT Volunteer Trainer**

I went along to the self-management course myself with another couple from another group I'm involved with and we all found it quite beneficial and quite interesting. So when the, sort of, opportunity came to do the self-management training I went along to that. Found that fascinating.

**Mary O’Hara – LGOWIT Course and Communications Administrator**

There are so many different reasons why people volunteer. So for myself it was for fulfilment, for meeting people, for developing new skills that I would not be able to access otherwise without paying a lot of money. For the people who come to stay with us, you know, through these websites, things like: getting to know people from different cultures, learning all sorts of different interesting stories and ideas.

**Alan Grant – LGOWIT Development Officer and Community Networker**

It's a… It can be a range of different things. I think people that volunteer with LGOWIT usually have come through our self-management process themselves. So they want to help other people in the way that they’ve been helped or to spread the benefits, I think. So, plus it’s fun way of meeting new people, getting out and about learning new skills.

**Linda Birnie – LGOWIT Volunteer Trainer**

Well I felt I had something I could offer to LGOWIT and people who are supported through LGOWIT. I felt I could bring my experience in supporting people from other roles and in my current role and from my, you know, from my past experience. So I felt I could bring something to that and there is also opportunity to do more learning and development for myself. So, obviously, you know, there is an attraction there to, you know, increase my skills and knowledge and then bring that, perhaps, back into my, you know, my other roles that I’m involved in through work and in other ways.

**Joanne McCoy – LGOWIT Project Officer**

For me, it’s because it makes a difference and that's probably why I came into it. So I have a few long-term conditions as well and when we started delivering the courses, probably going back 5 or 6 years, the courses run for five weeks so people come along for two and a half hours once a week but you see them grow and develop and changed and it's life-changing, you know, some of the experiences that have gone through. And just even to be able to encourage one person, you know, to change their life and have a bit better experience, for me that's what makes it and I think that's the same for the volunteers because all the volunteers have long-term conditions as well. So our training is all peer led and I think it's about that they know the difference self-management makes to their lives and that we can live a much better, fuller life if they use self-management and the chosen tips and techniques that we have around self-management. And I think giving that to somebody else and then letting them use it in their own way and then just see them flourish. It's just amazing. I could tell you many stories of life-changing circumstances for people and I think that just empowers them and you want to give back.

**Allison Elder – LGOWIT Volunteer Trainer**

That is really important. It’s taking responsibility, taking responsibility for your own health, your wellbeing, taking an active part in your treatment and things and managing your life really. Being responsible is what it’s about and I think nowadays that’s what NHS are really looking for us to be. No doubt you get more out of our health service if we’re knowledgeable and, you know, if I feel that we’re doing our bit then perhaps the health service is more receptive to supporting us.

**Linda Birnie – LGOWIT Volunteer Trainer**

I’m involved, well, I trained to be facilitator for the toolkit and I've delivered, or co-delivered, one of the, you know, one round of sessions. So that's been really helpful to my development, you know. It’s one, kind of, learning the material in a training session but it was really interesting and useful to then go into a group and see what the group made of it and get feedback from the individuals and see how they were using the materials to support their own, you know, self-management of their own conditions and taking that back into their day-to-day life, seeing how they set up goals, how they work with goals, how they get on with that. So it’s really useful to see it in action really. That was very rewarding to see what a difference the material could make.

**Catherine Gaston – LGOWIT Volunteer Trainer**

It’s very important because I’ve seen the benefits it has for other people when they start to take a bit of control off the way their health is dealt with. They’re not totally relying on the doctor and other people to do it.

**Alan Grant – LGOWIT Development Officer and Community Networker**

They also get a sense of purpose, they get sense of achievement, of helping people.

**Joanne McCoy – LGOWIT Project Officer**

I think the fact that we're not medical staff preaching to the people we’re training. So the people come to train and to learn how to live better with their long-term condition and the fact that it's people who are actually living with conditions who are talking to them. The peer led element of it is really important because we're not preaching. We can walk into the room with the same pain, fatigue and symptoms as everybody there and I think that's the difference because you know that it's not false. We know what people are going through.