

# Amy signs up as a community volunteer

A couple of weeks ago we confirmed that Sellafield Ltd employees could, if they were not identified as a key worker, volunteer to support the local community response to Covid-19 during work time.

One of the first people to sign up was Amy Caddy.

Normally a work week manager at Sellafield, Amy is now helping to coordinate help for people living in or around Cleator Moor.

Amy said:

The Cleator Moor support group was set up by two friends of mine, Gary Meagan who works for Kaefer and local councillor Mike Eldon.

Chaired by John Murphy who also works at Sellafield within the supply chain, the group is made up of 6 zones, each of which has a manager.

We manage and allocate requests for help, from posting letters and collecting essentials to collecting and delivering prescriptions, to one of our army of local volunteers.

I am also the lead for the Pharmacy, and it's my job to liaise with the team in Cohens, ensuring that the prescriptions are delivered on time with no problems to the individuals who require them.

Amy has also continued with her role as a Sellafield Ltd mental health champion, and is regularly checking in with colleagues who need her support.

Volunteering gives Amy a real sense of satisfaction, knowing that she is helping people when they need it most.

She added:

I volunteer because I love to help people. It's just in my nature to want to do that. I get a great sense of reward and achievement with all jobs which I carry out, whether that is for the Cleator Moor support group, being a mental health champion or helping out at The Hornets rugby club.

Becoming a volunteer has helped me develop my personality so much and I have gained a lot of confidence working with people from a variety of professional backgrounds.

What I love the most is you're not only made aware of your own strengths, but also get confronted with your own flaws which you have to deal with, getting to know yourself!

If you are a Sellafield Ltd employee, and not a key worker, visit the [employee area](#) of our website for more details of how you could volunteer during work time.