

Making a difference

News story

Juggling HR activities and supporting elderly isolated people in her spare time – that's Helen Roughley who has continued both activities during the Covid-19 pandemic.



Helen Roughley volunteering in her community

Helen is a HR Advisor at Sellafield Ltd for project delivery, supply chain and general counsel and has been volunteering for the Re-engage charity in Wigan for over 3 years that provides social contact for isolated individuals.

Helen said:

There are currently 2 groups in Wigan, each with around 6 to 8 people, and our group regularly meet for afternoon tea at someone's house. Some volunteers are 'hosts' who will open their home and provide refreshments, others are 'drivers' who will chauffeur the guests to the house.

Obviously since the pandemic, gatherings have not been possible, so to maintain social contact our volunteers now make regular telephone calls to the individuals instead to check whether anything specific is needed, but mostly they just have a chat.

Most charities need people during the week but Re-engage wanted people at the weekend. It's great to hear tales of old Wigan but our individuals certainly don't live in the past – we have heated debates about sport and politics. I anticipate when we get back together there will be strong opinions on the current political landscape – and of course I am looking forward to getting back to afternoon tea.

On top of her Re-engage role, Helen has also offered her services to the

Volunteer Centre Manchester where she was invited to apply to Northern Care Alliance NHS Group as a 'day to day volunteer' at Fairfield Hospital.

This role involves carrying out reception duties, cascading daily communications to staff, assisting with stock checks, pharmacy runner etc.

Helen added:

Volunteering is a great way to give back to your community in any circumstance, and it's even more important to help out one another in these testing times.

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