**Roy Anderson – LGOWIT Community Networker**

Well there's no sort of template, I would say, for a good volunteer. Obviously people who are interested in people and like to be with people. People who have good knowledge in a sense of self managing, the experience of self managing would be useful. People who are keen, obviously, to, sort of, pass on the information and knowledge they have to other people.

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

They actually act as fantastic role models. Because people can then see the journey that they have been on and how they are managing their conditions, managing their life better and things that they get out of it. So generally, I would say, being a role model would be the most important.

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

They are absolutely crucial to us delivering the self-management training course because they are people who have a long-term condition themselves. I think that really puts people coming to the course new and sometimes they are not terribly certain about what they are going to be facing or who they are going to be with and I think it really is reassuring to know that the people who are delivering the course, have gone through the course themselves, have been in their shoes.

**Allison Elder – LGOWIT Volunteer Trainer**

It was advertised as a self-management course actually and I had met Joanne to ask if I thought I would quite like to go on it but after some discussion she suggested that perhaps I would like to train to facilitate it rather than actually go. She thought I was probably self-managing quite well. So there you go. So that’s where it came from. The initial enquiry was to go on the course. I got side-tracked.

**Catherine Gaston – LGOWIT Volunteer Trainer**

To feel that you’re helping people when they have problems is worthwhile and through the auspices of LGOWIT we’ve introduced people with other long-term conditions to the group. So it’s helping other people to do things and it gives you a good feeling when you realise that somebody did benefit from something you’ve done.

**Allison Elder – LGOWIT Volunteer Trainer**

On a selfish side, it’s a very feel good thing. You really feel you're supporting other people. You also learn a lot, you know, I learn such a lot from other people, from other people volunteering with me and from the people participating in the groups. It’s very much a two way thing, I would recommend it. And it opens up a whole new area of friendships and contacts that you may not come on otherwise. Definitely healthy and good for you.

**Roy Anderson – LGOWIT Community Networker**

They certainly get a lot out of it in my experience. They certainly enjoy, first of all, enjoy being part of the LGOWIT scene, so to speak. They enjoy, also, delivering the courses, they enjoy, sort of, meeting new people and helping people, supporting people and so on. And also learning things for themselves because you never, ever go along to a training course without picking up something that might be of use to you in the future.

**Linda Birnie – LGOWIT Volunteer Trainer**

Yes absolutely, I feel I've got to lot from it. I’ve really enjoyed working with the LGOWIT team: staff members, other volunteers and with people joining in the groups. So it’s certainly been a positive experience for me, I’ve learnt such a lot from it and, you know, I also get the sense that it makes a difference to people who do use the groups. So I think all round it’s been a really positive experience so far and hopefully, opportunity to continue volunteering and continue to work with LGOWIT.