

## Health & Wellbeing Volunteer of the Year: Jon Sellers



For the past seven years Jon has supported Change, Grow, Live (CGL). He volunteered initially as a service user representative, a role which saw him travelling the region participating in events and consultative groups. Over the past two years he has been deployed in a clinical setting and works alongside the substance misuse nurse undertaking screenings and assessments.

'His manner with service users is exceptional. He has become equally effective as a paid healthcare assistant. Additionally, Jon is the 'go to' volunteer to present to Trustees and dignitaries.'

### Jon

- ✓ Organises a weekly walking group for service users wishing to join him.
- ✓ Increases the productivity and effectiveness of CGL's clinical work, and supports and assists others with their substance misuse issues.
- ✓ Is a role model to colleagues in calmly dealing with challenging situations, his injection of appropriate humour to the workplace is appreciated by all.
- ✓ Has grown in confidence and skills which has increased his sense of self-worth.