

# Martin's Journey\*

## Old Leigh House, Essex

Specialist Residential Service with  
Nursing for Men with Learning Disabilities  
and Complex Needs



When appropriate, volunteering provides a vital opportunity for individuals in our Social Care settings to build confidence, develop skills, and contribute meaningfully to their communities. At Old Leigh House in Essex, Martin's story exemplifies the life-changing impact of these opportunities.

In May 2024, Martin began his first-ever volunteer placement at St. Vincent's Charity Shop in Westcliff, Southend.

With support from staff, he was introduced to the shop team and quickly embraced a variety of responsibilities, including sorting stock, restocking shelves, and preparing donated items for sale.

Martin approached his role with enthusiasm and independence, requiring minimal supervision. His efforts were quickly recognised by the shop's management, who described him as "an asset" and welcomed him as a valued member of the team.

He is such a lovely guy, and very easy going. He fits in so well with all of us and has become an integral part of the team.

He really is fantastic, you can't fault him. He is an asset and such a hard worker. You ask him to do something and he does it. Nothing is ever too much trouble.

Martin is a pleasure to work with and in such a short time he has made a huge difference to the shop and to the charity.

- St. Vincent's Charity Shop staff



This experience marked a significant milestone for Martin, who had never previously held a work or volunteering position. The opportunity has contributed to a noticeable increase in his self-esteem and sense of purpose.

I like to help and it gives me a happy feeling, I am able to give back to the community and I like meeting new people.

I was keen to volunteer because I want to give my love and support to community as I receive lots of kindness.

I have developed a friendship with a staff members at St Vincent's Shop. It keeps me busy!

- Martin

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