**Volunteer profile— Sharon Reception volunteer, Central Office**

“I have been volunteering with PRHA for 5 years. As a Reception Volunteer I liaise with staff in Property Services as well as undertake reception and hospitality duties.

***What do I get out of volunteering?***

I get to work alongside various members of staff and find out what they do. Volunteering gets me out and it is good for my mental health and wellbeing. I need that balance. I believe in giving and by giving, not only do people benefit, but I do too.”

