Speaker 1 voiceover: Meet AbilityNet’s Tech Volunteers

We have a network of more than 350 volunteers who help disabled adults and older people access technology and get online

Speaker 2:

Since the pandemic, we've seen that technology

has become key in enabling communication

and lots of different things, you know, whether that

be joining an online fitness class or being able to

look up something, you know,

look up information on the Internet

or have communication with family that

have not been able to visit as much.

A typical session for volunteering starts

with obviously firstly contacting the client

and finding out a bit more by telephone about

what is the actual problem that they're trying to solve.

I try to make space within the time period

as well for them to demonstrate

back to me that they've actually understood

and that they can do it independently as well.

We have lots of need for fantastic volunteers

because we have lots of calls that come in to the team.

We have fantastic regional coordinators that coordinate the work and make sure that nobody has too many calls on at once.

Also, it can fit into anybody's like timetable.

I've got quite a demanding full time job,

so my volunteering is only limited to weekends

and I can basically choose like when I volunteer.

Speaker 3:

When I help a client with their issue it does make me feel

as if I'm giving something back to the community.

to the community

if they're not computer literate, for instance, it gives me

great satisfaction in being able to help those people

in attaining a better quality of life.

It's very positive because you you come away with a sense of satisfaction, a sense of that you’re contributing to society and

you are actually helping people who are less able than yourself.

It gives me a good sense of achievement

and it actually helps with your wellbeing also.

It's very therapeutic to be able to help someone.

Speaker 4:

I think people should be volunteering for AbilityNet

and volunteering in general in their local areas,

because I think in a world where technology and

life is just such a such fast pace,

I think sometimes you really do need to slow down

and look at what's around you and who's around you.

I think if you just do a little bit of good, as small as that

might be in various areas, then that really does make a huge difference.

AbilityNet have a huge range of sources

for clients and volunteers to access

specifically a source called My Computer, My Way.

and those who are with sight or hearing impairments,

there's tools on that that can help them use their laptops.

When I'm helping clients, it really does feel good.

Mainly because I'm very lucky to have a

lifetime of skills that I've kind of acquired.

I've grown up with technology and sometimes you forget that

there's people that haven't, especially the older generation

and something that might seem kind of trivial to yourself

can make a huge difference to somebody

who's never used a computer.

And it really does.

You can see it in their eyes.

when they've kind of accomplished things themselves and that smile and that energy you get from them is really rewarding.

and I absolutely love it.

Speaker 1 voiceover:

Thanks to all our amazing volunteers across the UK

please apply to be a volunteer today to

help disabled adults and older people in

your community access technology and get

online.

www.abilitynet.org.uk/volunteers

Music kindly provided by Digit Music