



## CASE STUDY • HELENA GRIBBEN – FORTH VALLEY TOP TOES

# Volunteering

give a little, gain a lot



When Helena Gribben started volunteering with Forth Valley Top Toes, she was looking for something different. She had no idea it would lead her to a new career.

“I think if you’re volunteering, if it’s something you enjoy doing, it can open up lots of different avenues. But I didn’t expect this much.”

Having been a nurse for 30 years, Helena was looking to do something a bit different, and began volunteering with Forth Valley Top Toes in March 2015.

“Volunteering gave me the opportunity to connect with other people and build my confidence – I was helping others, but I was getting something out of it too.”

In December 2015, Helena started to think about taking her volunteering a step further. She began additional training to treat other simple footcare ailments. Since completing her training, she’s been working to build her own service, assisting those who cannot visit the Forth Valley Top Toes clinics.

“I would never have realised there was such a need, or have ever thought about starting my own service, without volunteering.”

“Volunteering helped me build my confidence.”

“It was a great way to learn the skills I needed.”



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## FORTH VALLEY TOP TOES

Forth Valley Top Toes provides a personal footcare service to older or disabled people who have no underlying footcare conditions but are unable to cut their own toenails.



01324 692001



[www.toptoes.org.uk](http://www.toptoes.org.uk)

Forth Valley  
**top toes**

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