

Volunteer Case Study - Syed Salman Gilani (Mani) and Chester Phab

"I was born in Rawalpindi, Pakistan and a central part of my upbringing was to respect my neighbours and elders and to help others as much as I could because it is one of the most important aspects of my religion which is Islam.

"I have been part of **Chester Adult Phab Club**, a charity for people with and without disabilities for the last 4 years and became a volunteer because my wife had started working for Lynda (Chairperson of Chester Phab) as a Carer. Even when I was still living in Pakistan I used to volunteer for Phab by designing ID Cards for the members who were raising vital funds at bag packs and designing name tags for various events.

"I moved to Chester in December 2014 and was invited to join the club to see **Warwick Davis** in a Pantomime staged in Manchester. That was also the first time that I met many of the members of Phab, all of which made me very welcome, and I made a lot of friends.



"The first challenge was to give the Chester Phab website a new look and within weeks with some help from Lynda I managed to launch our Club's updated website which has helped many members to get up to date information of upcoming events and news from the club. To this day I continue to regularly update the site.



"During the last year I have volunteered at numerous fundraising events, and have also designed new marketing materials to showcase our services and volunteering opportunities including our Club's new standalone banner

"Volunteering with Chester Phab has given me a great healing for my inner soul. I feel good every time I know I helped the club even in the smallest

of tasks. I have learnt a lot from others, made new friends and met a lot of stars. It has also helped me in my career progression.

"All I would like to say is that we should all volunteer and give time to different charities. It does not matter how much time you spend, what matters is if you get a single smile in return then you know you have done a good job."