



Please meet an amazing volunteer Mr Kev Walton who was awarded a very special award by our Mayor Cllr Aziz.

I asked him to explain his journey so far which shows inspiration and respect to fighting his battle with Mental Health. Kev is also happy and given permission for anyone to ask him his help, advice and give support to anyone reading his story below.

Hi Jon, it was a special recognition award for volunteering, I have suffered severe depression n anxiety for sometime n also anger n panic attacks. These stopped me from doing anything for a long time, until I joined greenshoes arts for mental health. They helped me enormously. But through them n chadwell heath community centre I slowly wanted to give something back. I could only offer my time n experience so I became a volunteer about a year ago n since I have also become a trustee. I still suffer n am see somebody for my health but it helps to have a goal n help others.