

## **Sarah Stone**

I would bring to the board my wide third sector experience, a commitment to participation, to addressing inequality and to championing diversity and inclusion.

I am Executive Director for Wales for Samaritans, working with our volunteer-based organisation to increase understanding of what is needed to reduce suicide. I have previously worked with carers of people with learning disabilities, with older people at Age Concern Cymru and as Deputy Older People's Commissioner for Wales.

My third sector journey began when I received advice from Citizens Advice as a student. I then trained as an advice volunteer with my local community centre. I realised that information can be power and the role voluntary organisations play in this. I later undertook an MSc in Social Policy because I wanted to develop my interest in individual and community engagement.

The pandemic has both illuminated and increased inequalities. As we move to another phase we need to recognise the strengths, resourcefulness and potential of communities and the role of the third sector more than ever. I would be delighted to contribute to WCVA in its vital work to connect the third sector together to help to meet both the challenges and opportunities which face us.