



Bingzi's volunteering story



Age: 20s

Charity: Teenage Cancer Trust

Years volunteering: Over 10

Why did you volunteer?

Volunteering allows me to contribute my skills, energy, and passion to different projects. Knowing that I'm helping people live better lives makes me feel like I'm doing something truly meaningful.

How did you get involved with the Teenage Cancer Trust?

I first volunteered as part of the cheer squad, supporting runners taking part in marathons for the Teenage Cancer Trust.

How do you feel when you finish a volunteering activity?

I feel a huge sense of achievement. I'm surrounded by so many volunteers who are making a really positive impact. It reminds me that I'm part of something greater, and that motivates me to engage in more activities.

Have you noticed any physical benefits?

Absolutely! For example, as a member of the cheer squad - just imagine shaking a tambourine, ringing a cowbell, and cheering for hours using your loudest voice. It's like a free fitness class! It keeps me active and energised.

Has it impacted your mental health in a positive way?

Definitely. Volunteering has helped me connect with kind, warm-hearted people, which has made me feel more engaged and open, especially as an international student. In the volunteer community, we all understand that everyone is giving their time and energy without expecting anything in return, which is why we truly appreciate each other's efforts. I always receive encouragement and appreciation in volunteering, and it has helped me build confidence in myself and my skills.

Have you made friends through volunteering?

Yes, I've made many lovely friends through volunteering. We chat about daily life, share funny stories, and support each other like any group of close friends. We also share new volunteering opportunities with one another, because we know we are all interested in it.

What would you say to someone considering volunteering?

Don't hesitate, just go for it! No matter what kind of volunteering role you take on, you'll gain unforgettable experiences, meaningful friendships, amazing networks, and a stronger sense of self-worth. Your contributions make a difference.

Return to article: [The Health and Wellbeing Benefits of Volunteering.](#)