



Clare's volunteering story



Age: 56

Charity: Teenage Cancer Trust

Years volunteering: 6

Why do you volunteer?

I volunteer because my son was diagnosed with high grade non-Hodgkin lymphoma at 14. He had two relapses, and has had two bone marrow transplants between the ages of 14 and 18 on a Teenage Cancer Trust (TCT) ward.

What sort of tasks do you do?

I help at events, do bucket collections and talk to people about TCT and what they do, as well as at corporate events (having never done anything like this before).

What do you like most about volunteering?

Having benefited from TCT's help they gave me and my family, I enjoy helping and giving back. It's nice to volunteer, I always feel appreciated when I help out. I volunteer as often as I can.

Do you notice any mental health benefits?

I think it helps me mentally to represent the TCT because it means not everything that came out of my son's cancer was a bad thing. It's good to give a voice to young people who are facing the challenge of their life, while trying to navigate the transition from childhood into adulthood and all the complications in life that goes with that.

Would you recommend volunteering to others?

I would heartily recommend volunteering; it's a nice way to meet new people and to help a cause close to your heart. You're always appreciated and supported and will never be asked to do something you're not comfortable with. Someone is always available to support you. It's a good feeling to think you've helped – even if it's in a small way.”

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