



# Gaynor's volunteering story



**Age:** 70

**Charity:** HEY! Volunteering

**Years volunteering:** 10

## Why did you get involved in volunteering?

In 2016, Hull (where I live) became the City of Culture. I wanted to be involved so volunteered with @HeyVolunteering. It surpassed all my hopes. We're like a family.

## What sort of things do you do?

I've done things such as marshalling large outdoor events, walking with alpacas, community programmes, learnt a lot about my beautiful city, and am fortunate to meet and greet visitors from all over the world.

I love that it's flexible for people to drop in and out as and when they like, and to uptake opportunities that fit in with their life. It also offers us master classes whereby we can learn new skills such as recycling clothes, drawing, playwriting... you name it, we've had a go at it! We've even greeted royalty!

### **Has it impacted your wellbeing in any way?**

Volunteering has helped greatly with my confidence, as prior to this – I was quite shy and would rarely initiate a conversation. Now, I'm the opposite.

It's made me feel better about myself and I have a great group of likeminded friends who occasionally get together for social gatherings.

It certainly helps keep my brain active and more physically motivated, as I'm always walking to the various events I get involved in.

Volunteering can help with loneliness, mental health and physical health. In fact, it's a fun, holistic way to get people feeling better about themselves while giving back.

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