



Melanie's volunteering story



Age: 61

Charity: Teenage Cancer Trust

Years volunteering: 6.5 years

Why do you volunteer?

I hadn't worked for a very long time, due to my son's ill health. I wanted to get back into the workplace and felt that I wanted to help with a charity that was involved with my son's care.

What type of tasks do you do?

I'm a desk-based volunteer, assisting with admin tasks, but also help with various fundraising events and bucket collections.

Volunteering has taught me about being a team player, learning new skills and challenging myself to accomplish tasks. I feel a sense of achievement when I complete my tasks.

What's the best thing about volunteering?

It's helped my personal growth in gaining valuable work experience, boosting my confidence and giving something back. I'm also less stressed!

Volunteering is a great way to meet new people. I consider the people I work with as friends and have been on many get togethers outside of work, which have been great fun. I've also had many conversations with members of the public when fundraising, who praise me for helping to raise awareness and vital funds for the charity.

I won an award for helping the Supporter Care team at an event. I was really chuffed.

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