



Sally's volunteering story



Age: 67

Charity: Teenage Cancer Trust

Years volunteering: 3

How did you get involved in volunteering?

I saw an advert from the Teenage Cancer Trust. This charity had supported my son, who passed away from cancer aged 18. Once a week, I help with administrative tasks, such as data entry. I've also bucket collected at various retail stores.

What are the benefits of volunteering beyond supporting worthwhile causes?

As well as supporting a charity that's close to my heart, I feel happy to have helped. On a practical note, volunteering's taught me how to advance my computer skills. I take a lot of satisfaction from the tasks I do. I feel a sense of reward with bucket collections, as it's an opportunity to help people understand the impact that the Teenage Cancer Trust has. I've also made some great friends within the team.

I'm always thanked for volunteering, giving me a sense of belonging.

What would you say to someone considering volunteering? Give it a go!

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