

SHOUT ABOUT YOUR VOLUNTEERING



Hi, I'm Helen and I live in Wimbledon. I give to my community by volunteering as a befriender and in the café at the Wimbledon Guild.

As a befriender I visit an older housebound person to do her weekly shopping, sit and chat over a cuppa and generally keep an eye on her.

Once a week at the Wimbledon Guild community café I serve and chat to customers who come in for activities, social contact, or just a coffee or a home cooked lunch.

I work part-time but with my free time I really like to help others. We can all contribute to making our local community a better place and this is my way of doing that in Merton.

I really enjoy seeing people who can get overlooked and feel invisible/isolated, socialising and enjoying themselves. I love hearing the fascinating stories about their past – it's an education and a privilege.

It can be a challenge as a befriender to walk away and go home, when you know that person may not have any visitors for several days. But I know that in a small way I'm making a difference.

If I can help lift someone's mood and help them be independent in their own home, then I'm happy!

I Volunteer - Why Wouldn't You?