

SHOUT ABOUT YOUR VOLUNTEERING



My name is Sophie and I volunteer for the Kids Company, a charity that provides support to very vulnerable inner-city children. I spend one afternoon/evening a week in an after school centre that provides a substitute family environment, food and fun activities for school aged children/young people.

I work at Merton Council and my volunteering gives me an incredible sense of satisfaction that contributes to my work/life balance. It's a great reminder of what's really important, and I bring this back to my work.

Being involved in this charity makes me feel as though I'm taking my responsibilities as part of the society that contributes to or sometimes even creates these difficulties for them seriously.

Working with these children and young people is enormously rewarding in itself – they are bright, resilient and funny. They are also incredibly insightful and strip away the pretensions that many of us build up. My volunteering also brings me into contact with lots of other people – both volunteers and professionals – who I wouldn't otherwise meet and this is a great aspect of volunteering.

The most difficult thing is seeing young people so sorely deprived of things I take for granted – food, clothing. For some children the meal we give them is the only one they'll have.

I Volunteer - Why Wouldn't You?