

SHOUT ABOUT YOUR VOLUNTEERING



Hello. My name is Toyin and I volunteer as a counsellor for the Wimbledon Guild in Merton.

I specifically help out on the youth service team which means I get to work with young people and adolescents.

I do it because life is full of challenges and I feel it's important to help young people make sense of their world and their experiences. In turn this may enable them to go through life as more stable and functional adults.

What I enjoy most is being a listening ear; helping the young person feel heard and understood particularly when they are overwhelmed by their feelings and life issues.

The biggest challenge at times is remaining non-judgemental about what I hear and see regardless of my own opinions on any matter. It is the ability to empathise and see things through the other person's eyes and not my own which can make a difference.

It benefits Merton because various young people living in the area have easy access to counselling services should they need it.

I Volunteer - Why Wouldn't You?