

Sue Dyer

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Sue first became a volunteer as a result of tragedy in her own life. When her husband died in a road accident, she had the support of family and friends, but there was no community funded professional support or counselling to help her deal with her loss. So when Victim Support was set up two years later she saw an opportunity to give back. She understood the experience of widowhood and loneliness and Victim Support enabled her to contribute to an organisation that assists victims of crime or trauma in both practical and emotional ways. She found her volunteering to be deeply satisfying and her career in 'giving back' grew from there.

She currently volunteers for Age Concern, visiting an elderly lady on a regular basis to provide friendship and reduce social isolation. She also has skills in finance and administration that she likes to utilise in her volunteering and has worked with a variety of organisations over the years. She appreciates the fact that volunteering enables her to keep her knowledge and technology skills up to date.

Why considering volunteering? “It gives you a reason to get up in the morning and it keeps you from getting stagnant, which can easily happen in retirement”, she says. “But you don't have to be retired - you can do it at any age and you are never too old. It's rewarding and it builds your self-esteem because you are helping others.”



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