

## SHOUT ABOUT YOUR VOLUNTEERING



My name is Helen and I work in Wimbledon.

I volunteer at Jigsaw4U which supports children and young people through trauma, loss and bereavement.

I have been giving my time as a Grief Support Buddy to provide a unique child-centred approach to bereavement support.

The Grief Team is incredibly supportive and has encouraged me to co-facilitate Family Support Groups and provide individual support in schools.

### What do I enjoy about giving my time?

What I enjoy most is working with the children. This is so rewarding because they gain so much. At Jigsaw4U we believe that there is no 'right way to grieve', so children and young people are allowed to grieve in their own way and in their own time.

The biggest challenge I've faced is seeing a child struggle to talk about memories and feelings that are so painful. However, with our patience and gentle encouragement they begin to open up and develop the tools to continue in their lives.

I enjoyed the role so much that I asked Jigsaw4U if I could volunteer every Monday and changed my paid working hours to 4 days.

It benefits Merton because the children and young people that we work with are less likely to experience difficulties later on.

**SHOUT ABOUT YOUR VOLUNTEERING** by telling your friends in person

and online what you do to make Merton a better place.