

# Volunteer profile: Sarah-Jane Hill



Mum of two Sarah-Jane Hill, started volunteering with Age UK Leicester Shire & Rutland a year ago, and has made a huge difference to lonely and isolated older people in the local community of Leicester.

**Name:** Sarah-Jane Hill

**Career background:** I was a full-time mum/carer before joining Age UK Leicester Shire & Rutland.

**How long have you volunteered with Age UK LS&R?** 1 year - since June 2021

**Volunteer role(s):** Day Care Assistant at Musgrove Day Centre in Leicester

**What do you get up to as a volunteer?** From escorting on the bus, to participating in activities, serving lunch, and assisting with outings, each day is productive and satisfying.

**Why did you start volunteering with Age UK LS&R?** I had some spare time and wanted to do something part-time to get me out of the house, and when my friend Tina suggested volunteering at Age UK LS&R, I grabbed the opportunity. Volunteering helps me get back into the community helping the most vulnerable and in need

**What do you enjoy most about volunteering with Age UK LS&R?** I find it most rewarding seeing the joy and pleasure I bring to the service users everyday. Having been at home with my children for so long, I personally know how it can feel to be isolated and lonely, having little access to the local community, so it's a great feeling to know I've made a difference to someone's life. I most enjoy talking to the clients and listening to their unique stories.

**Most special volunteering moment:** A service user's family member once gave me a very meaningful Christmas card with the most lovely message written inside, thanking me for all that I do for their mum. Up until then, I was doing what comes naturally and didn't realise just how rewarding volunteering can be. This made me want to volunteer full-time and I realised that giving somebody a little of your time and an ear that listens can make such a difference.

Thank you Age UK Leicester Shire & Rutland for providing me with this wonderful opportunity. I am very thankful that I am able to help lonely older people.