



Tricia Humphries

Receptionist

"I have always, since leaving school, worked within a caring profession in the public and private sector so it was an obvious choice for me, when I retired from working in a school.

I would like to keep volunteering as long as I can and still keep up with my swimming, gardening and grandchildren."

Where do you Volunteer?

I volunteer as a receptionist at the main entrance.

How long have you volunteered?

I have volunteered for twenty years.

What difference do you think volunteers make?

People appreciate what you are doing and often say so. It helps deflect some of the minor niggles from the fully trained professionals. Many people just want someone to talk to or reassure them or find out whom they should contact if necessary.

My Experience

What do you like most about volunteering?

I like meeting and interacting with people from all walks of life and hopefully help them if they feel anxious or have a problem, which is usually all the reassurance they need. It keeps you on your toes as no day is the same and you get asked all sorts of questions!

Why would you recommend being a volunteer?

If when you retire from work it gives you a different outlook on life. Volunteering gives you a sense of community and other staff and colleagues to interact with.

What have you learnt about yourself whilst volunteering?

I have learnt that I am a good listener, very patient and don't get phased by problems or aggressive people.