

GIVING BACK

HOW OUR AMAZING PEOPLE ARE USING THEIR VOLUNTEERING DAYS TO SUPPORT THEIR LOCAL COMMUNITIES.

□ Volunteering not only supports a worthy cause, but it's great for your personal wellbeing too. When we do good, we feel good.

Our people joined the Intelligence Agencies to do something worthwhile. That

motivation extends to their life outside work too. That's why each agency provides volunteering days to support the causes that matter to us. Here's how six of our people use their days and the impact it has on them.

IZZY

SECRET INTELLIGENCE SERVICE (MI6)



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I use my volunteering days to get away from my desk and out into nature, helping clean my local rivers. Being down in the waterways gives you an interesting perspective of the environment and I've removed some bizarre things out of the way of the creatures that live there. I always feel rejuvenated after a river clean-up, so I am glad the office encourages us to take the time to do things like this.

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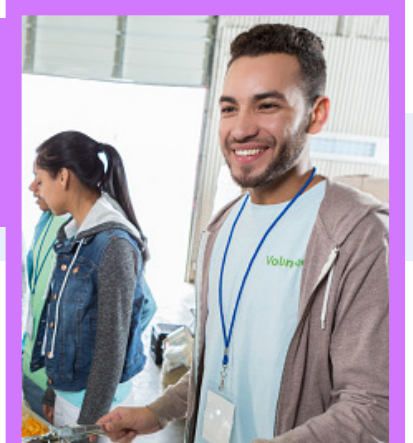
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I spend an evening a week distributing food to the unhoused and use my volunteer days to help facilitate the day centre. I've met some incredible people doing this and know how important it is to be able to show up for them each week. It's so important to me that my actions inside and outside of work have a positive impact on this world; I am very grateful that the organisations enable me to achieve this.

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JACKSON

GCHQ



AHMED**MI5**

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I work flexible hours which enables me to be a 'Walking Crocodile' chaperone for my daughter's school, which basically means I help ensure local children get home safely. With my volunteering day allowance, I can offer more of my time wherever the school needs, mostly a playground chaperone or a reading buddy. It helps me build trust with the kids and spend more time with my daughter - when she's not busy playing!

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My family has unfortunately had a lot of experience dealing with illness, so I organise annual fundraisers to raise money for the charities that have helped us so much in the past. I use my volunteer days to facilitate one or two big events every summer. I've held all sorts over the years - sponsored bike rides, fun runs, park clean-ups, and dog meet ups! It's a very special part of my year, so I am really pleased I can continue to do this with the support of my colleagues.

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JUNE**GCHQ****KARL****SECRET
INTELLIGENCE
SERVICE (MI6)**

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I volunteer for a charity that helps people prepare for job interviews. Along with many other volunteers, I split my days across the year so we can run mock interviews, offer career advice and chat through opportunities. We even help people pick out outfits, which is definitely my favourite bit. I love seeing their confidence grow over the day and it's really fulfilling to know I was a part of that.

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I have struggled with my mental health over the years and was inspired to join a community garden project as a coping mechanism. It's been really wonderful, not only to help create something of beauty but also to meet so many people and hear their stories. I like to use my days to volunteer as a host for new members, because I remember how important those first few days in the garden were for me.

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MI5**CARRIE**