Yourcafe: Communications and PR Volunteer

Isabella Dziedzicki – Philosophy

About your volunteering role

As a Communications and PR Volunteer for Yourcafe, I have been heavily involved in promoting Yourcafe’s work and profile. This has involved outreach strategies through social media resources such as Facebook, and engagement with student communities. I helped promote Yourcafe’s campus run event, ‘Fill Bellies Not Bins!’, to tackle the problem of food waste by fostering a community spirit and sharing surplus food. I have also been able to build up a network of support in the York community, and even take part in a live interview with BBC Radio York. This has all helped to get the message out there about the great service being run by Yourcafe, so more and more people can enjoy delicious meals.

What attracted you to a volunteering role with Yourcafe?

I have always been passionate about issues concerning environmental sustainability and food waste, so after finding out about Yourcafe’s work, I was immediately motivated to help in any way I could. Another reason I wanted to get involved with volunteering was that it was a great way to meet a diverse group of wonderful people in the York community. As a student, it can sometimes be easy to get trapped in the ‘bubble’ of only interacting with other students, so to have the opportunity to meet other people who I usually wouldn’t come across is incredibly rewarding. Also, I just really wanted to get stuck into something new and develop useful, transferable skills.

What have been the highlights/surprises of your volunteering experience?

Being interviewed by BBC Radio York was a fantastic experience! I was slightly nervous about being interviewed live, but it felt amazing to be able to recognise the great work Yourcafe does and to spread the message around York. To be able to say that I successfully organised an interview with a regional radio broadcaster has also been a great skill to put on my CV for future careers development. Not only this, but providing people with food and witnessing the benefits of community spirit in action has been inspiring.

Top tips for people thinking about volunteering?

Get stuck in! Being bold and enthusiastic can help make a real difference. Volunteering teams are such collaborative and hard working groups, if you have an idea to make things better then chances are other people will be more than willing to help you fulfil your goal.

If you are interested in getting involved in a volunteering role like this, or have something else in mind, please get in touch with us at volunteering@york.ac.uk and we will be happy to help you.