

Getting to know.... Phil

I found out about the Round About Café after attending a volunteering event at West Quay in Southampton. I've been helping out since April 2015, working with Shirley one day a week on Tuesdays.



What made you want to volunteer?

I gave up work to look after my mum for 5 years before she passed away. After her death, I found it difficult to go back to work and was looking for something to get involved in. What I liked about the café was that volunteering here was hands-on – you got stuck in from the outset. I could see myself learning and being able to do it. I was nervous before my first shift, but when I got here I knew it would be ok.

How has volunteering at the café helped you?

The café has given me a lot more confidence – without my experience here I don't know if I would feel confident about going back to work. Before I started I felt I was on the brink of a downward spiral and didn't want to do anything...the café has given me something to get up for and get my teeth into. I've even been inspired to start baking cakes at home!

What's your favourite thing about the café?

The best thing for me is meeting people, getting to know the regulars and the camaraderie amongst volunteers. We like to have a laugh!



The Cafe – We're really pleased that Phil has got so much out of working at the café. We think he's great – dependable, helpful and he's got a good sense of humour. We also like it when he brings in his latest cake experiment!