

# Helping Children is “a lot of fun”

**By**  
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**Aged 15**  
AYA volunteer

The After School Club is run by AYA volunteers, and is for children between five and twelve years old, who are living in the Aylesbury Women’s Refuge. They are picked up and enjoy an hour of fun, taking their mind off of any problems they may have at home and giving their mothers a break to relax. Volunteers play games and participate in activities with the children, who seem to enjoy every minute of it. I went along to a session and saw the volunteers



**Art work done by a child at the After School Club**

decorating the biscuits with the children. All the volunteers seemed to really enjoy helping the children; one volunteer said “It’s a lot of fun”, and said after they “get a sense of satisfaction” from helping with the After School Club. All the volunteers I spoke to agreed that it helps build

their social skills and helps them with a future career in care. Children who participate in the After School Club also enjoy themselves, and enjoy the company of volunteers, and the other children. It must be a really enjoyable break from the traumatic time they may

have had at home, and to be able to have fun in a safe environment. The children may have been taken from their home or witnessed domestic violence involving their parents, so the After School Club can help take their mind off it and allow them to let off some steam. I think the After School Club is a brilliant club, and can really help these children. It is rewarding for volunteers and helps them learn about a number of social and care skills.

If you would like more information on the After School Club, contact the AYA office on (01296) 421 149 or email, [volunteer@aylesburyyouthaction.co.uk](mailto:volunteer@aylesburyyouthaction.co.uk)