

Volunteer profile

Michel Feger – Operational Health and Safety Coordinator

Michel is a committed fundraiser and volunteer and all-round inspirational colleague. Over the last 5 years he's raised around £16,000 for health-related charities through sponsored physical challenges and given his time as a volunteer to the Island's volunteer Honorary Police force to serve the community and to the Victoria College Cadet Force to help inspire, train, and support the next generation of leaders.

During that time Michel has taken a great deal of satisfaction in being able to help people and raise money, but equally important to him are the wellbeing, skills and learning he's gained through the activity.

When considering supporting good causes that really matter, Michel's message to anyone thinking of getting involved in fundraising and volunteering is "Don't wait to be asked, not everyone is lucky enough to be able to give the time to good causes – no excuses – just get out there!"

Volunteering Story - Interview with Michel Feger

Michel Feger – Operational Health and Safety Coordinator for the Government of Jersey

What Volunteering are you involved with?

Lots of fundraising for various charities, mostly physical or mental health related such as Jersey Hospice, Para 10, Diabetes, Cancer Charities and Rock Recovery. There is always a physical challenge that I'm training for. Over the last 5 years I've raised around £16,000 for health-related charities through sponsored physical challenges.

As a regular volunteer I'm part of the honorary (volunteer) police force of Jersey on a part-time rota of evenings and weekends to be out in the parish supporting people and at events and then I volunteer every other Friday with the Victoria College Cadet Force, which is all about training and mentoring young people, the next generation of leaders to give them the skills for a good start in life.

During covid I spent a lot of extra time with the Honorary Police to help the community when people really needed it.

Why did you first get involved in Fundraising and Volunteering?

I have a background in the military so that's where a lot of the physical challenges come from, and I love to stay fit so why not use fitness to raise money for good causes? In 2017 sadly my mum passed away, and I felt like I wanted to give something back to the hospice that had provided her care, so I got together with a friend, and we did a sponsored cycle from St Malo to Montpellier over 8 days which raised around £4.5k for Jersey Hospice. From there it grew into challenges for other health related charities. The police and cadet volunteering are a commitment to public service and I do what I can.

How do you fit it all in around your work and family?

Well, I have a very supportive wife and I'm very lucky to have my manager who is very understanding and has been able to assist with flexibility where possible, so that helps a lot. But it's the passion for the causes that get me out of bed in the morning to train and work hard. I'm up early in the morning in the summer to go walking before work and with the honorary police work its after work and weekends on a rota.

What do you feel like you have gained from the experiences?

You're never too old to learn something new, and I've learned so much from my experiences. The physical challenges have taught me to never give up, and there's always someone worse off than you so to enjoy it and do what you can.

Working with the young adults at the cadets and as an honorary police officer has really taught me to listen without jumping in with 2 feet, how to model conduct, leadership skills and finding purpose.

There have been a lot of mental health benefits too. If something has gone wrong in the day, as we all have from time to time then I get my trainers on and say to myself "right, let's sort this out" and the physical activity helps to get my head clear.

What advice would you give to your colleagues?

I think the time off for volunteering policy is a great opportunity for colleagues to get involved, and if I can inspire anyone in any way then that's good. My message to colleagues would be "Don't wait to be asked, not everyone is lucky enough to be able to give the time to good causes – no excuses – just get out there!"