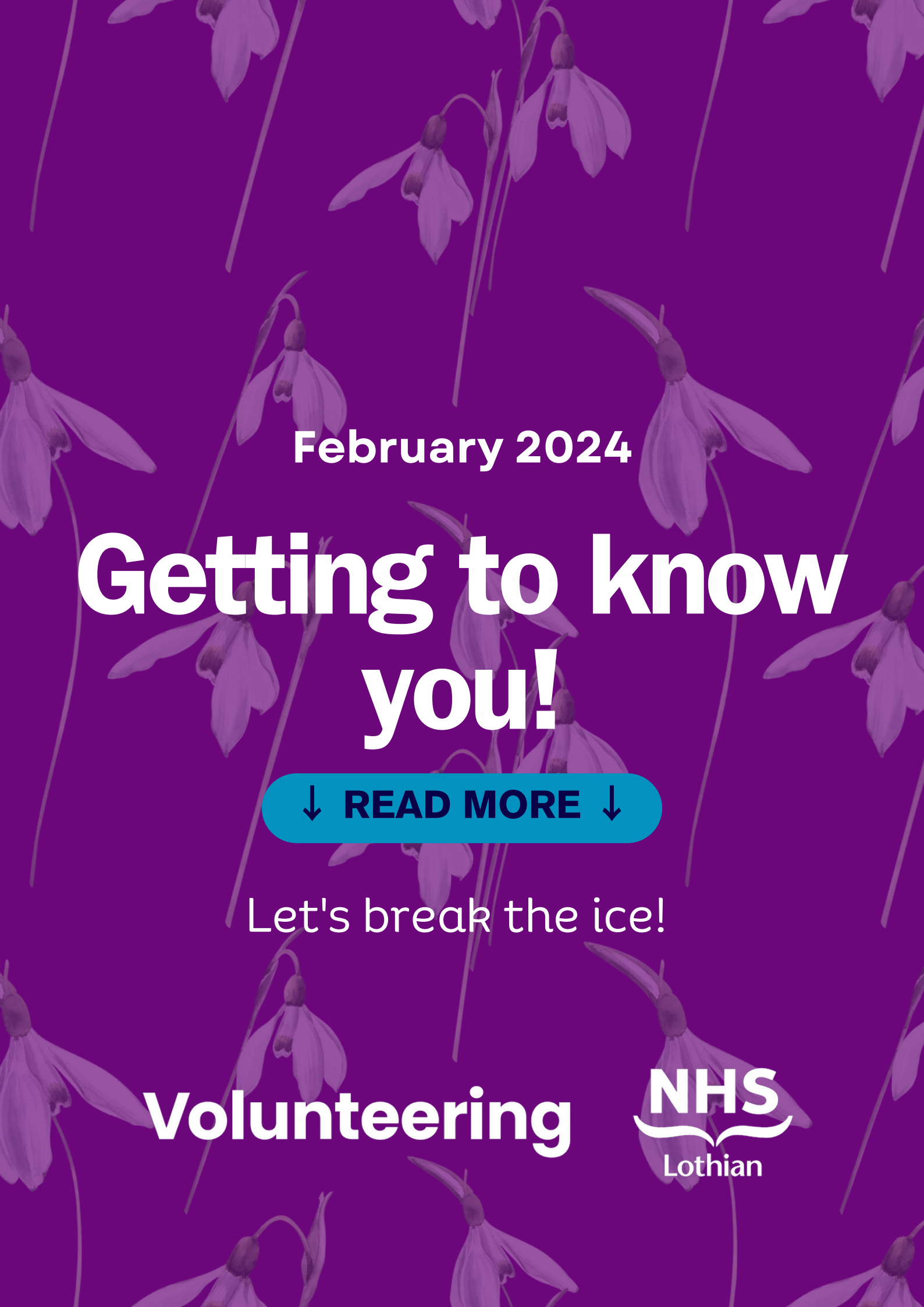




February 2024

Getting to know you!

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Let's break the ice!

Volunteering

NHS
Lothian

Getting to know Mercy



I WAS INSPIRED TO BECOME A VOLUNTEER BECAUSE...

I became a Meaningful Activity Volunteer at the Western General Hospital because I wanted to contribute to the well-being of patients and bring positivity to their journey. Witnessing the impact small acts of kindness can have inspired me to be part of this compassionate community and make a difference in people's lives.

MY FAVOURITE RANDOM FACT IS...

One fascinating fact is that honey never spoils. Archaeologists have found pots of honey in ancient Egyptian tombs that are over 3,000 years old and they are still perfectly edible. The secret lies in its low moisture content and acidic pH, creating an environment that resists bacteria and spoilage. Honey truly stands the test of time!

MY 'COME DINE WITH ME' MENU WOULD BE...

If I were to create my 'Come Dine with Me' menu, I would proudly present the star of Nigerian cuisine: Jollof Rice! Picture a flavorful dance of tomatoes, peppers, and spices embracing each grain of rice in a vibrant celebration of taste. Get ready for a journey to Nigeria through this iconic dish, where every bite is a passport stamp to the heart of West African culinary delight!

THE ONE THING I CAN'T LIVE WITHOUT...

I can't live without the sweet symphony of indulgence that is ice cream! It's not just a dessert; it's a spoonful of happiness, a swirl of joy, and a tub of delightful moments. Whether it's the classic vanilla embrace or a wild adventure with funky flavors, ice cream is my absolute must-have, my frozen fantasy that turns any day into a celebration.



SINCE BECOMING A VOLUNTEER I HAVE GAINED...

A profound sense of purpose and fulfillment. Interacting with diverse individuals in various situations has enhanced my communication and interpersonal skills. Moreover, witnessing the resilience of those facing challenges has instilled a greater sense of empathy in me. Being part of a community dedicated to making a positive impact has not only expanded my understanding of others but has also allowed me to contribute meaningfully to the well-being of those I serve.

Getting to know Hannah



I WAS INSPIRED TO BECOME A VOLUNTEER BECAUSE..

I was inspired by the dedication and hard work of healthcare professionals during the challenging period of the Covid-19 pandemic. Witnessing their commitment to caring for others has motivated me to contribute my time and skills to support the healthcare system in addition to gaining relevant experience for my chosen degree in Psychology. As a volunteer, I not only love the constant support and appreciation by the staff members but also the variation of lovely people I get to see every shift. Volunteering allows me to connect with so many different individuals, learn their stories, and share in their journey.

I HAVE LIVED IN A DIFFERENT COUNTRY...

I lived in Hong Kong for 6 years when I was 10

SINCE BECOMING A VOLUNTEER I'VE LEARNT...

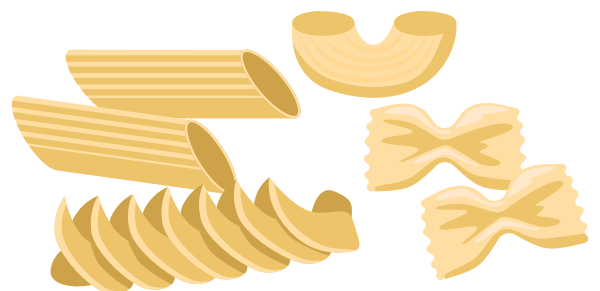
Resilience and gratitude. Volunteering on the oncology ward, witnessing the challenges patients face and their strength in battling cancer, has instilled a sense of resilience and gratitude. It has reshaped my perspectives and has reminded me to appreciate all of life's blessings and stay resilient in the face of adversity.

ONE PIECE OF ADVICE TO MY YOUNGER SELF WOULD BE...

I would probably tell my younger self to embrace failure and mistakes as valuable learning experiences. My mistakes have helped me shape my growth, resilience and ability to adapt. I'd encourage myself to take risks, explore new paths and embrace these failures as stepping stones.

MY FAVOURITE FOOD IS...

I can't live without pasta. I cannot imagine a world in which I cannot go out and order a nice warm cozy carbonara or get into bed with a big bowl of tomato pasta and (of course) parmesan.



Hannah is a Ward Helper in the Western General Hospital

Getting to know Nancy

Nancy volunteers within the Spiritual Care Department as a Community Listener in West Lothian



WHAT MOTIVATED ME TO BECOME A VOLUNTEER...

Knowing that when people are suffering, being able to talk about it, without judgement or trying to 'fix it' can be life-giving. But the time doctors and nurses in the NHS can devote to each patient is limited, so when I heard of the CCL service for GP surgeries, I wanted to do what I could to help. As a volunteer I listen to people's stories, of grief and loss, of trauma, of depression, of pain... it is such a privilege to be entrusted with these stories and so humbling to be present to so much courage.

A SONG THAT MAKES YOU SMILE...

James Taylor singing "Shed a Little Light". Although first performed after the assassination of Martin Luther King, it is a song that is timeless.

"we are bound together in our desire to see the world become a place in which our children can grow free and strong"

I HAVE LIVED IN A DIFFERENT COUNTRY...

I left California 50 years ago to study in London, and remained in Britain, moving to Scotland 40 years ago with my husband to an abandoned farmhouse in West Lothian making it into our family home.

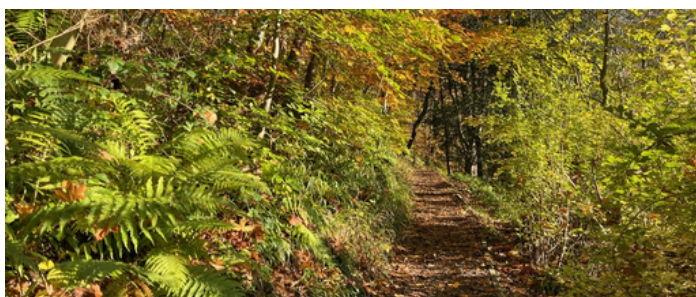


MY FAVOURITE SEASON...

Is the Autumn because it touches every sense: the long low light illuminating so much colour; the textures of the leaves as they change before finally letting go; the smell of woodsmoke; the sound of birdsong; and the taste of the fruits of autumn, the berries and nuts.

A PIECE OF ADVICE...

Something Maya Angelou once said that rang so true: - I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.



Getting to know Heather

MY COME DINE WITH ME MENU WOULD BE...

Broccoli and Stilton Soup, Moroccan Meatballs with rice and for desert, Raspberry Sorbet

MY FAVOURITE FOOD IS..

Chinese Prawn Curry with boiled rice, but also love Tuna Melts!



A TYPICAL DAY VOLUNTEERING...

Would be writing out the names and door number on the patients menu's, putting out cutlery and folding laundry bags. I am looking forward to doing more when I take on more hours/shifts.

ONE PIECE OF ADVICE TO MY YOUNGER SELF WOULD BE...

To tell myself to have self-respect and value myself enough not to be pushed around. I also recently learned that if you feel appreciated you actually do a lot more!

A SONG THAT ALWAYS MAKES ME SMILE...

If I Had A Wish by Simply Red

I CAN'T LIVE WITHOUT...

Music, family and friends.

THE BEST JOB I EVER HAD WAS...

Working in Greggs, it was a fast paced shop but it was fun working there.

THE BOOK I'VE READ OVER AND OVER AGAIN IS...

When I was about 10 years old I read Heidi over and over again.



Heather is a Ward Helper at Midlothian Community Hospital

Getting to know Sanya

Sanya volunteers as an A&E Helper in the Royal Infirmary of Edinburgh

THE BOOK I HAVE READ OVER AND OVER...

Is The Girl Who Reads on the Metro by Christine Feret-Fleury (translated from French by Ros Schwartz).

It's about a woman who is probably the biggest book worm, and, essentially, she has an existential crisis when she discovers a secret book club; she gets to know the people really well and it's just a really nice read. I have read it many, many times and its now my comfort book.



MY FAVOURITE SEASON..

Is winter because:

- 1) December is my birth month
- 2) There is (hopefully) snow
- (3) It's Christmas vibes.

A PROJECT THAT I AM CURRENTLY WORKING ON...

Is my Advanced Higher Biology Project: I am working with Daphnia or water fleas, to see how their heart rate changes with different concentrations of ethanol.

This project is really exciting for me because I get to work with animals so it's like having a pet at school and I get to use different techniques and equipment which is probably the only opportunity I will get in a while. After school, I want to go into medicine which is not a lab-based course, so I'm trying to spend as much time in a lab-environment at schools possible.

My favourite random fact is that when you look at someone you love, your pupils dilate.

