

November 2023

Getting to know you!

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Let's break the ice!

Volunteering



Getting to know Rosemarie



I WAS INSPIRED TO BECOME A VOLUNTEER BECAUSE..

On retiring I always knew volunteering was where I wanted to be. I wanted to "give something back". I like to chat and encourage others to join in. Never think you don't have anything to say! I am an excellent listener and will pick up something!

AS A VOLUNTEER I LOVE..

Seeing the difference "I" make with my visits and chats, putting a smile on faces.

MY FAVOURITE SEASON IS...

Spring. I love to see new life "Spring" into action. With Winter behind us, I love getting back into the garden. Snowdrops are one of my favourite flowers.



MY MOST PRIZED POSSESSION...

My Dad's accordion. He sadly passed when I was only 16. He taught himself to play without learning how to read music. Fond memories of dancing around to Scottish music!



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

Never doubt what you are capable of achieving. Keep smiling.

MY FAVOURITE THINGS TO DO IN MY SPARE TIME ARE...

Spending time with our 2 rescue dogs Jaxson and Lela. I also love gardening and being able to relax in our newly built summer house, when weather permits!

SINCE BECOMING A VOLUNTEER I'VE LEARNED...

How much I needed volunteering to keep up social interaction since retirement. Working from home the last 3 years had a huge impact. I am a people person.

Rosemarie is a Carer Relief Companion and Fancy a Blether Befriender Volunteer in Midlothian

Getting to know Carl



I'm currently a meet and greet volunteer at East Lothian Community Hospital although I have worked on the wards too and assisted in the vaccination programmes. In January I'll have been volunteering for four years.

THE BEST THING ABOUT BEING A VOLUNTEER IS...

The varied and interesting people I get to meet. There is no typical day volunteering - that's why I love it.

MY FAVOURITE FOOD IS...

Anything Indian or Italian.

I CAN'T LIVE WITHOUT...

Oxygen.

THE SONG THAT MAKES ME SMILE IS...

"Love Cats" by The Cure

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

Catch 22 by Joseph Heller.

ADVICE TO MY YOUNGER SELF

Don't eat the yellow snow.



THIS OR THAT?

Sunset, Savoury,
Moon, Night owl,
Rock music, Cafe,
Tea, Movies,
Non-fiction, Cat,
Spontaneous

I'M PASSIONATE ABOUT...

Art and music and cats

RANDOM FACT...

Cats like plain crisps.

MY MOTIVATION TO VOLUNTEER IS SIMPLE..

I've led a charmed life and it was high time I gave something back.

SINCE BECOMING A VOLUNTEER I'VE LEARNED THAT...

Ginger cake doesn't hurt when it's thrown at you.

Getting to know Christine



AS A WELCOME GUIDE IN THE ROYAL HOSPITAL FOR CHILDREN AND YOUNG PEOPLE...

I love meeting new people every week, from young parents with tiny babies to elderly couples going to DCN and everyone else in-between. Feeling perhaps I have helped to make an anxious time a little brighter.

I also love the banter and companionship with my 'partner' Volunteer Lynda.

THE BEST JOB I'VE EVER HAD...

was working as a Play Leader at the 'Sick Kids' Oncology Clinic at Millerfield Place. It remains the most humbling and rewarding job I have ever done, and created the affinity I will always have with the Sick Kids, now RHCYP.



I'M INSPIRED BY...

My mum and dad who died in 1994 and 1995 respectively, but remain with me every day. I am who I am because of them.

I'M MOST PASSIONATE ABOUT...

Singing and being a granny to six wonderful grandchildren (Reuban pictured left). Often combining the two and singing with the grandchildren!

MY FAVOURITE SONGS...

There are so many but here's a few... California Dreamin' by Mamas and Pappas, Nutbush City Limits by Tina Turner, Sweet Baby James by James Taylor, I'd really like to see you tonight by England Dan and John Ford Coley, Dignity by Deacon Blue and Summer of '69 by Bryan Adams.

THIS OR THAT?

Sunrise, Savoury,
Sun, Early-bird,
Pop, Café, Cat,
Dine-in,
Outdoors.

Getting to know Richard

Ward Helper, Ward 5, East Lothian Community Hospital

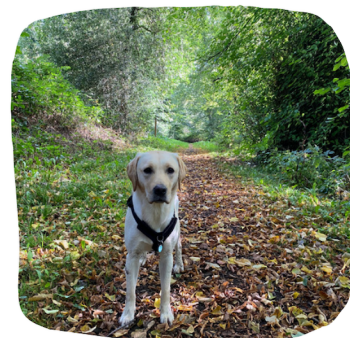


I WAS MOTIVATED TO BECOME A VOLUNTEER BECAUSE...

The chance to give something back to the NHS. Like many people, I have been a hospital patient and I was looked after (in the Royal and in the Western General) so well. The latter of those 2 hospital stays was when I had surgery for prostate cancer - that whole experience really did make me re-evaluate what is important in life, and led to my decision to retire early. I now spend a fair bit of my time volunteering, not only at the East Lothian Community Hospital but as Treasurer for a number of charitable organisations as well.

MY FAVOURITE THING TO DO IN MY SPARE TIME...

Walk my yellow Labrador puppy. She's a year and a half and still full of energy and mischief. I always need my wits about me, especially when she is off lead - she leapt over a cattle grid once which had my heart in my mouth. However, I wouldn't change her for the world!



MY FAVOURITE RANDOM FACT IS...

There are over 4,000 types of potato grown in Peru!! I learned this when holidaying there in 2015. It took me a while to persuade my wife, Amanda, to visit there but we had a truly incredible trip visiting Cusco, Lake Titicaca, Macchu Picchu and more. Such friendly people and the food (not just potatoes on the menu, I promise) was amazing too.

THE BEST THING ABOUT BEING A VOLUNTEER IS... being part of a team that makes a difference to patients and families. I'm retired now but worked in teams my whole career and I miss that part of work (and only that part to be honest). Volunteering in the ward is so fulfilling in so many ways but if I can make a small difference to someone's day whether they are a patient, relative or staff then I can go home at the end of my shift happy.

Getting to know Caroline



Ward Helper, Postnatal Ward RIE,
Started in July 2022 (15 Months)

THE BEST THING ABOUT BEING A VOLUNTEER IS...

Feeling that I have really made a connection with a patient, made them feel 'seen' as an individual. I have found it's often the smallest things that make the biggest difference.

I WAS MOTIVATED TO VOLUNTEER BECAUSE...

I work at Edinburgh Napier University in a role supporting the wellbeing of student nurses and midwives. Students frequently share their experiences of what it's like for them during their placements in clinical settings. I hoped volunteering for the NHS would give me more insight on what working/learning in this setting might be like. I also have a personal connection to the Postnatal ward at the Royal Infirmary having had a stay there myself after the birth of both of my children (pictured below).

THE SONG THAT ALWAYS MAKES ME SMILE IS...

9 to 5 by Dolly Parton, instant mood booster!

THIS OR THAT?

SINGING OR DANCING?

DANCING

EARLY BIRD OR NIGHT OWL?

EARLY BIRD

TEA OR COFFEE?

TEA



Getting to know Hana

Vaccine Clinic Volunteer, Midlothian



I WAS MOTIVATED TO VOLUNTEER..

Because it's my goal to study medicine at university. I have always had the dream of working in a hospital and hope to achieve it if I try my hardest.

MY FAVOURITE SEASON IS...

Spring because I just LOVE how all the animals come out and the weather is perfect for everything.

A FACT ABOUT ME...

I've lived in a different country...and that country was England. I moved to Scotland two years ago and I love it here so much.

MY FAVOURITE FOOD IS...

Probably a good Chinese takeaway!

MY FAVOURITE THING TO DO IN MY SPARE TIME IS...

Spend time with my friends and family.

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

The Divergent Series as it always makes me question where I'd be put!

THIS OR THAT?
Sunset, Savoury,
Cat, Tv Series,
Singing, Moon.

THE PEOPLE THAT INSPIRE ME THE MOST ARE...

Probably my mum, dad and older cousin. This is because I wish to have the motivation of my mum, the coolness of my dad and I really look up to my older cousin as he is like a brother to me!

ONE PIECE OF ADVICE I'D GIVE TO MY YOUNGER SELF...

Don't be afraid to talk to new people! It may seem scary but once you overcome the hurdle of introduction, it's great.