

Appendix B

People Can posters promoting Volunteering



My Volunteer role

“Volunteers live longer and happier”

Dawn C Carr MGS PhD Psychology Today 2014



Fiona Phillips,
Public Health Consultant with Bradford


I am a Community First Responder for Yorkshire Ambulance Service. This is something that I didn't really have particular skills to bring to except for a willingness to learn, and the ambulance service provide fantastic training.

This role is about being first on scene in your local community at certain ambulance calls – usually where the presenting complaint is difficulty breathing, chest pain, cardiac arrest. In my day job as a Public Health Consultant, we do a lot of strategic work planning health services and community interventions.

For me it is important to stay grounded in what life is like for real people and the health and wellbeing challenges they face. When someone calls an ambulance, they are often at their lowest point of health and extremely anxious. Being able to offer help and reassurance until the ambulance arrives is fulfilling and I can use this experience to inform my day job.




People Can Stay active



My Volunteer role

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Iain MacBeath
Strategic Director,
Adult Social Care and Health
Adult Social Care

I have volunteered in various capacities for the Samaritans for nearly 16 years at different branches. Initially as a Samaritans listener, then as a Trustee and branch fundraiser.

* Because of my role, I've never volunteered to listen on the patch where I work – though you never know who gets through on your shift. Whilst some calls received are certainly from people who are really struggling mentally and physically and who are suicidal, many people who call are lonely or have other problems they want to talk about.

The Samaritans mantra is to listen without judgement or intrusiveness. I've always found it fulfilling, both in terms of assisting strangers by being a good listener and helping them explore why they feel as they do – but also personally because of people you speak to and the genuinely lovely fellow volunteers you connect with, many of whom are now great friends.



People Can Stay active