

Highlight Video Transcript

Caroline:

My name's Caroline.

I decided to fundraise because- mainly cause of my grandad who died a number of years ago from a stroke but I think it's just a great charity in general.

Dougie:

I decided to participate today because I'm a wee bit crazy and it's a cause that's close to my heart.

And I know how many people it affects so it'd be good to raise all the funds and get as much help as possible.

Aileen:

This is my second time volunteering for Chest Heart and Stroke Scotland. Personally I feel I like to give something back in life.

I've had a few family members with strokes and heart attacks and my partner also is very much involved with Chest Heart and Stroke so yeah we like to do it together.

Caroline:

I'm really, really, really looking forward to it. It's much higher than I thought it was gonna be.

Brian:

Firstly, my mum passed away when I was very young, of a stroke.

And secondly, I wanted to put something back into society.

It's good fun, I like meeting people.

We get on well and it's just good fun and you learn things, I've learned quite a lot since I started volunteering.

Ross:

Hi, my name's Ross.

I volunteer for Chest Heart & Stroke Scotland because, being 17, it's really useful to have things like this on my CV so when I go for jobs I'm more likely to get one.

I enjoy volunteering because it gives me the opportunity to get out, to participate in events I would never get to do normally. And can just meet people I wouldn't normally meet.

Caroline:

It was amazing. I was excited, then scared and then very relieved.

If you're thinking about taking part you should because it's fantastic and despite being scary, it's completely worth it.

I would definitely do it again, it's amazing.

Dougie:

It was fantastic. I would definitely do it again, yeah.



Chest Heart & Stroke Scotland

www.chss.org.uk

Nadine:

You should volunteer because you never know when this charity might help you or a family member.

Text:

New skills

New friends

New experiences

New possibilities

Volunteer

www.chss.org.uk/volunteer

[Logo]