

Ian Video Transcript

Ian:

My name's Ian, I'm from Pennycook. I do this event twice a year for them, and I've done it for about six years now.

At the time I was trying to get work in charity fundraising and I just started to volunteer for various charities, but I particularly liked this one, doing this particular event- and so I've just done it ever since for them!

I like working on the bridge here. It's really quite a unique opportunity to be able to spend the entire day up here.

And it's great to work with the participants as well, because you see them, I suppose, at their most vulnerable.

Some of them are really nervous and it's good to be able to help them and just make them feel a bit more at ease about what they're about to do.

If someone was considering volunteering for Chest Heart & Stroke Scotland

I would say definitely do it because they're a great charity to volunteer for.

They run a number of different events through the year in different locations and there's plenty opportunities for volunteers to get involved!



Chest Heart & Stroke Scotland

www.chss.org.uk

Text:

New skills

New friends

New experiences

New possibilities

Volunteer

www.chss.org.uk/volunteer

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