

## **Nadine and Gary Volunteer Video**

### **Nadine:**

It's my first time volunteering for Chest, Heart and Stroke Scotland.

### **Gary:**

This is my fourth time volunteering with Chest, Heart and Stroke Scotland.

Initially it was through a family connection but it's through seeing the good work and all the support that these guys do.

And it just really makes me feel like I can give a little back.

A little back to the community and really help these guys do so much good for so many people.

### **Nadine:**

Just getting to meet everyone, the excitement, everyone's really up for it so it's a good buzz.

It makes you feel good.

### **Gary:**

I think everyone should volunteer for Chest, Heart and Stroke Scotland simply because it's such a good atmosphere at every event.

Not only do you get personal satisfaction out of it – everyone you helped.

People have got different stories, different reasons why they're doing it.



**Chest Heart & Stroke Scotland**

[www.chss.org.uk](http://www.chss.org.uk)

You get to see all this.

You get to interact with so many different people.

It helps such a great cause that helps so many people, it affects so many people every day.

**Nadine:**

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