

**Voices of North Yorkshire – Marie Curie volunteers podcast transcript**

**Carol –** … Quite often, I think especially for people who are going through terminal illness, they quite often can’t talk to their families about things that they want to talk about. Whereas, if they’ve got someone who is able to just listen, they can then actually offload. And that doesn’t have to be even a sad offloading. It can be a humorous offloading.

I mean, my client is, she just amazes me with her humour. Cos she said to me in one of our conversations, “Well Carol, at the end of the day, I put a clean pair of knickers on every day, one of the c’s is gonna get me, the cancer or the COVID.” And I just thought, wow! You know, and she just made me laugh. I mean we laughed and we laughed and we laughed. And that positivity it’s, you know it’s a two way thing isn’t it? You sort of want to help them feel less lonely, more positive and. But it also comes back to you as well and it makes you so grateful for your life, the little things, you know, that we only have one life. And that give and take between two individuals who don’t know each other very well, for me is just inspiring and gives me so much joy. And so, it’s not been a decision I’ve regretted one iota.

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