

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

**Carol –** Yeah. We all felt a little bit isolated over the last nine, ten months, even those of us who were lucky to live with husbands or children. I think we’ve got a little bit of sense of that not being connected and that little bit of feeling isolated. And so for me, yes, this has been... On a Friday, I look forward to that connecting with somebody other than friends and relatives. You know, just having the opportunity to talk to someone who lives in a different world to me, has had different experiences of life, done a different job, different interests. I’ve learnt so much from her.

And for me, yes it’s been hugely beneficial to have that connection. I’ve never really felt any sense of loneliness or isolation in my life prior to this lockdown but I have felt it you know. And as it’s gone on, I think we’ve all started feeling a little bit weary and a little bit, sort of, ‘when can we all get back to normal and feel connected with each other?’ We need that human interaction with other people as well as our family and friends, don’t we? To sort of get new experiences, hear different viewpoints, have a little bit of debate about politics with someone who thinks differently to you. Or religion or all these other issues. It’s been hugely beneficial. I’ve found it amazing to have that over the last year and I’m really looking forward to doing more volunteering and taking on more clients when this is all over.