

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

**Helen -** And I think this has given me complete perspective now that, of what other people are going through and the loneliness some people have got and the troubles people have…. And it’s amazing how just a smile and quick conversation with somebody, even in a supermarket, how much they engage with you and give something back and you just think to yourself, they’ve probably not spoken to anybody today, or they really needed that. It makes you more connected I think. More connected to what you can’t see and what’s going on behind the scenes in people’s lives…