

Stevie's ECHO Work Experience Blog

This month, the ECHO team were delighted to be joined by 15-year-old Year 10 student Stevie who chose to do her 2 week work experience placement at the ECHO office.

Stevie wrote a couple of blog entries about her experience, which you can read below. We'd like to thank Stevie for all her hard work, we really loved having you as part of the team!



Day 1, helping to send out letters to potential funders!

Blog entry #1:

Hi, it's Stevie, ECHO's Work Experience Administrator.

Whilst doing work experience with ECHO, not only have I been given a fancy title, they have given me great knowledge within the working world.

This week I have been invoicing, top and tailing letters, writing my own letters to be sent off, sorting through BNI business cards and eating Pad Thai on Lower Marsh food market.

There hasn't been one moment where I've been bored. The staff are keen to get me involved and I have felt very welcomed. Allowing me to do a bit of everything has let me realise what I want to do with my future and where I will be going for lunch from now on!

I've had such a great week and can't wait to begin my next one, where I will be meeting with research nurses and PhD doctors, zipping through archbishops park and attending important meetings. ECHO has been amazing and I'm so thankful for this experience I have been given.

I have been involved with ECHO for a few years but working on the inside of the team is giving me more reason to stay involved.



Blog entry #2:

Hi again, it's Stevie (ECHO's Work Experience Administrator).

It's week two of my work experience and yesterday I went over to St. Thomas' Hospital and met heart research nurse Katila, she spoke about what she does and the wide spread of careers needed within a hospital. I got to see an MRI machine in use and got to experience it through a doctor's eye behind the screen.

I also got to go into a hybrid operating room, cardiology lab and see how they work and what goes on. I really didn't expect these machines to be as big and as loud as they are! I then got the chance to speak to Sam Vennin, a PhD from Kings College. He spoke about the research he does and about the different ways you can view hearts eg. MRI, 3D printing and Virtual Reality.

It was really interesting hearing about the positive impact 3D hearts can have. I had such an exciting day yesterday and enjoyed working with other work experience students from [King's College London](#).



Blog entry #3:

Hi, it's Stevie ECHO's work experience administrator again, yesterday we celebrated ECHO's 36th Birthday with zip wiring, arts and crafts and a picnic, the sun was shining and I had a great day. It's not every day you come across someone who has zipped over archbishops park on the biggest and fastest

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zip line as part of their work experience.

We were joined by some school children, ECHO members and volunteers- I also met some heart families- my mum and sister also came to support me.

Walking up the 183 steps was a challenge in itself and stepping off the edge was the worst bit but after that the zip wire was amazing.

What better way to celebrate ECHO's birthday in the sun with zip wires and chocolate cake!

How are you marking ECHO's 36th Birthday?

