

# Nicky's Story



Both me and my son have heart conditions so I have quite a bit of experience dealing with heart related issues. This is why I chose to be a volunteer with ECHO.

I support parents in hospital as well as speak at schools and other events, talking about my own experience and helping others to understand. I enjoy giving people the chance to off-load some of their stress, giving them the confidence to share issues and worries. I like giving people optimism where possible, and encouragement. I've also helped at the ECHO Christmas party for children in hospital and have even dressed up as Eddie the ECHO teddy!

**ECHO make you feel appreciated, they always thank you for the work you've done, making everything worthwhile no matter how small the task.** This makes a big difference to volunteers. I've really enjoyed my 3 years with ECHO and I'm looking forward to many more.