Charlotte Nicholls

Volunteer

Charlotte gives up her time for free to volunteer at Queen Alexandra Hospital, Portsmouth. As you can see, Charlotte is wearing her sunflower lanyard, which means she has hidden disabilities which affect her reading and writing abilities.

Charlotte helps on the dementia ward and spends quality time with patients who can often feel lonely.

At lunchtime, Charlotte hands out food to the patients and places it on their side tables.

Charlotte's role includes chatting to patients about their life and keeping them company and playing games together.

Tamzin Williams, voluntary services coordinator said that "Charlotte is an extremely helpful volunteer."

If you would like to know more about volunteering, scan here: