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## HOW VOLUNTEERING CHANGED THIS LEGAL EAGLE'S LIFE

Volunteering in the Emergency Department at Sydney Hospital/Sydney Eye Hospital (SSEH) has given Jason Ng the opportunity to give back to the community.

The 32 year-old corporate lawyer now hopes to encourage other young people to find time in their busy schedules to do the same.

Jason's previous law firm was across the road from SSEH and he said while catching the bus each day he often wondered, what if he could help and emotionally touch people in need?

"It just didn't feel right that I was in perfect health with no family or financial issues, yet every day I saw the homeless around Sydney's CBD struggling, and people in pain, concerned with their loved ones at the hospital across the road," he said.

Then Jason's mother became ill, and underwent a radical nephrectomy in which one of her kidneys was removed.

"I saw how good her doctor was, and how much it meant to my family," Jason said.

"There were enough signs for me. At the same time, the hospital (SSEH) opened volunteer positions in emergency and I immediately jumped at the opportunity - I wanted to give something back."

"From assisting patients into their rides home or getting them food, I'm so glad I volunteered and that I've contributed to their positive experiences," he said.

Jason said volunteering is incredibly rewarding, and he would encourage others his age to consider sparing a few hours each week to do the same.

"I can't think of another professional role where simply putting a smile on someone's face can be so rewarding.

"It is a great feeling when a patient and/or their loved ones first look at my name badge then they look to me and say - thank you Jason," he said.

SSEH has 10 volunteers working in its emergency department, and 50 volunteers at the hospital overall.

For more information on volunteering at Sydney Hospital/Sydney Eye Hospital contact Annabela Ventura on 9382 2675 or [annabela.ventura@sesiahs.health.nsw.gov.au](mailto:annabela.ventura@sesiahs.health.nsw.gov.au).

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