

Combatting Social Isolation with Veterans in Crisis (VICS)!

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Introduction

- VICS helps veterans in need, specifically in Sunderland
- Focuses on addressing social isolation among veterans
- Supports mental and physical well-being for veterans

Objective of Internship

I wanted to increase my knowledge on global healthcare systems and learn about how voluntary social enterprise organizations promote health and general well-being.

Work profile

- promote the physical and mental wellbeing of veterans
- I learned how social isolation was a huge obstacle that veterans faced, and I helped implement different programs to help combat it.
- I actively participated in conversations/activities with veterans.

Reflection

- I helped set up an event at *The Gunners* every Tuesday morning where veterans can come to talk to fellow veterans over a cup of coffee and tea, along with an array of sandwiches and baked goods.
- Through these weekly interactions, I learned the importance of social interaction in maintaining one's health, especially among the elderly/veteran population.



Boxing with the veterans & VICS staff!



Dog walking with the veterans & VICS staff on a lovely morning!

- Multiple organizations donate books, food, toiletries, funding, etc. towards VICS due to their strong commitment to helping veterans, and I learned the importance of teamwork in creating a healthy community.
- VICS helps veterans write cover letters, apply to jobs, find homes to live in, supply food, etc. until they are well enough to support themselves, and I learned that all aspects of life contribute to one's wellbeing and health.
- VICS staff and veterans were so welcoming, and I appreciated this opportunity to engage with the intersection of health care and volunteer work!

Looking ahead

- I can see a future working with volunteer organizations in my community to help promote both physical and mental well-being.

Questions

- How can we encourage more volunteer organizations to work together to help promote general wellbeing among community populations?

Conclusion

- Learning about different global health systems and organizations is imperative to helping the world move towards better healthcare.

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