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.

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.

• 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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