



My name is Indira, I am a retired nurse and a cancer survivor. I am a member of Bolton People Affected by Cancer (BPAC) and have an active role in the shaping cancer care in Bolton.

I am a Diabetes Champion and work with BAME communities delivering diabetes awareness sessions and presentations in multiple languages.



However, during the Covid-19 lockdown, all volunteering work had to stop. So my daughter Bella and I took up sewing scrubs for the Royal Bolton Hospital. We made 59 sets of scrubs in three weeks and personally delivered them to a Covid-19 ward. It was so satisfying to

meet the brave staff on the frontline and rewarding to see how much the scrubs were needed and appreciated by the ward staff.

My husband, Chiman, is a trustee with Bolton Hindu Forum and has been busy supporting elderly and vulnerable people in isolation and providing emergency food deliveries to people in need.

My son, Nishi is a trustee with The Booth Centre in Manchester and has been helping by supporting homeless people in Manchester.

We are a family of volunteers and we are very happy to be able to help people during the difficult lockdown period.