

Maheshi's Story

Maheshi worked in Sri Lanka as a Medical Officer. She came over to study at Salford University in 2023 to do a master's degree in public health.

Maheshi decided to volunteer for a few different projects. Volunteering on a digitising project at Manchester Museum, Maheshi translated documents to her first language. She said it felt good to use her skills, she was able to contribute in a unique way and she enjoyed being part of a team.



Maheshi also volunteered for opportunities that related to her degree. She was a Mental Health Advocate for Advocacy Focus and an Art Therapy Volunteer for Northern Care Alliance, supporting people with cerebral palsy.

Maheshi says she really enjoyed contributing to the community in a meaningful way, meeting so many different people and making a positive impact. Having experience of working in mental health in Sri Lanka as a developing country she valued the chance to get a different experience volunteering in this country.

Maheshi said *"I feel as if you grow personally through volunteering. It gave me resilience in different situations and gave me mental relaxation away from my studies. It made me feel happy and this had an effect on every area of my life. When I am applying for jobs I have many examples to use because of my volunteering"*.

Maheshi passed her masters degree with a Distinction and she attributes volunteering to helping her achieve this.

Maheshi has now applied for a graduate visa and is applying for jobs in Public Health, she would like to continue volunteering alongside her work.