

Stuck in a lift with...

Mary Bell



I've been a Freedom to Speak Up Guardian since ..	1 st July 2021
My previous role(s) have been	Registered General Nurse working in Theatres and General Surgery 3 years, 10 years with the Royal Air Force Association Nursing War veterans, Registered Midwife for 12 years, including a year as an independent Midwife, Health Visitor and Health Visitor Team Leader for 19 years...
I became a Freedom to Speak Up Guardian because...	It really matters how we treat each other. I really enjoy meeting people and enabling them to find a way through their concerns. It's a way of giving back to the NHS differently in the second half of my career
Freedom to Speak Up means...	Helping others find their voice
Who would you like to be stuck in a lift with?	Anyone who can chat and can laugh in the face of adversity
Early bird or night owl?	Early bird every time
In my spare time, I like to...	Walk for miles getting happily lost and hopping over fences I probably shouldn't.
My lunch is usually...	Fridge surprise!
I take my coffee...	Strong with a good dollop of milk, but it's usually buckets of tea
What music would you prefer was playing in the lift?	Anything Irish or Celtic would keep me happy
My secret talent is...	Perseverance – (it's a hidden talent). I can also read for hours when there's piles of housework to be done



My top tip for life is...	Start the day hopefully, finish it expectantly and don't take yourself too seriously in the middle
My favourite quote is...	I expect to pass through this world but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it for I shall not pass this way again. William Penn