



Caring together

## Get inspired by Nicola Thomas, Nurse and Professor of Kidney Care – Become a Volunteer today!

We asked Nicola Thomas, our Nurse who has been a Member of EDTNA/ERCA for 35 years about the benefit it brings to everyone involved of being a Volunteer.

*“Becoming a volunteer within the EDTNA/ERCA family has provided tremendous opportunities for my career development, but more importantly has given me lifelong friends and a sense that we have together made a difference to patients and their families.”*

*Volunteering is generally considered as an unselfish activity and is intended to promote goodness and improve human quality of life. And this is true and at the same time, in return, your volunteering will generate a feeling of self-worth and respect.*

*To perform volunteering at EDTNA/ERCA is also well known for professional skill development, to meet new friends and colleagues and also allow yourself to have some fun. Volunteering for us at the Association have positive benefits for you as a Volunteer as well as for the persons or communities served and involved in your activities. Join us today – Become a Volunteer!*



Nicola Thomas  
Nurse

### *‘So Nicola, why did you decide to become a Member of EDTNA/ERCA?’*

*“I wanted to join together with other people across Europe to improve clinical practice for the benefit of patients.”*

### *‘Why did you decide to become a Volunteer?’*

*“I could see that it was important to give my time and skills freely in order to develop clinical practice and education across Europe.”*

### *‘What was your first assignment as a Volunteer?’*

*“I was a member of the Core Curriculum working group in 1989.”*

### *‘What would you like to say to other Members who consider to become an EDTNA/ERCA Volunteer?’*

*“Just do it!”*

### *‘What is your best memory or impression you have about EDTNA/ERCA?’*

*“After a number of volunteer roles in the Association, I was President in 2000-2001 and it was a privilege to lead the Association during that year. It was the most wonderful time - I travelled across the world (including Japan and USA) to meet leaders of other Associations involved in renal care and at the end of the year I felt a tremendous sense of achievement.”*



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*'Anything you would like to add?'*

*"Becoming a volunteer within the EDTNA/ERCA family has provided tremendous opportunities for my career development, but more importantly has given me lifelong friends and a sense that we have together made a difference to patients and their families."*