



"I am pleased to nominate Murray for this recognition award. Murray is an exceptional volunteer for our friendship service and is a true exemplar of our mission statement and values. Murray is a volunteer who flys under the radar, and goes about his friendship buddy role in an empathetic manner. Murray has such a kind heart and wants no recognition or 'thank yous' for what he does. Murray has a high-performing and stressful fulltime (and more) paid role as a database administrator at the Palmerston North Hospital. Murray chooses to gift his time and volunteer every Friday to two gentlemen, who's lives have become so much better for him being apart of it. Murray is a conscientious man, who ensures he is there for his buddies, not ever wanting to let them down. He shows selflessness, kindness and thoughtfulness in his role each week. He visits one buddy in the morning where they talk, and Murray is a GREAT listener and has such a calming personality which is something this gentleman needs for his mental wellbeing and anxiety. Their connection has grown and we know just how much this has impacted on his buddy's life. He looks forward to Murray's visits each week and the thoughtful gifts/treats that Murray brings along too, plus the impromptu extra visits too. Then Murray spends the afternoon with a gentleman with a disability who loves to have fun and his hobby/interest is carpentry. Communication has been a challenge, as this gentleman is non verbal. He communicates through Makaton sign language and body/facial expressions and hand gestures. Murray has taken this all in his stride. The pair have built some amazing items together, from planters, garden bench and a chicken coop. The companionship from Murray is paramount for his buddy too and he looks forward to their weekly catch ups. So a huge thank you from us to you Murray. You are an amazing man who is really making a difference and we are so very grateful that you are a part of our organisation. You are an humble man but please know we see what you do and are very proud of you. ."

MASH Trust Friendship Service

