

I'm Sam, I'm the communications assistant at Heart n Soul at The Hub, and basically, I communicate, talk to people about our project either through content for our website, for social media, through talking to people at events. Something I've found with working for Heart n Soul at The Hub about being a paid member of staff means you feel more respected. It makes you feel more positive about it, than say when you work with someone where you're just volunteering. You feel more respected that you're making a difference and that. You feel that the people you're working for, that they do value and respect what you do. So yeah, increases your potential to put the extra work in.

Something that's really more helpful to me, particularly as an autistic person, is that when there's noise that's bothering me, like if I can't focus because of background noise or whatever, loud noise, people, might say, "Look, you can go off to work in a different room," to a quieter room, or something so I can focus on my work rather than trying to work and finding it really difficult and frustrating. Also not only have I been encouraged to feel confident to do that, I also was told, make sure that I am aware that if I need to turn the lights down, that I can, I can feel confident to say, "Look, I'm just going to turn the lights down because they're doing my eyes in," which I'd never felt confident to do working for anyone else before.

Something that was good with the process of applying for my job at Heart n Soul at The Hub was, I got to have an informal chat with Evie, the communications manager, as well as Jess, who at the time was the taking part manager and discuss the process of applying for it, in case anything was unclear, which is really good that they were there to discuss that and any questions I had. Yeah, that was really good and

also being able to visit The Hub and be taken on a tour and be shown them what the building was like before going in for my interview as well, made me feel not as nervous or as uncomfortable as I would normally feel when being interviewed for a job.

Something that's been really good and really rewarding about my job at Heart n Soul at The Hub is how people and the team adapted when they seen that I was good at something. There was an exercise where we were all just doing a little bit of a design together as a team, just because we needed some images, but then people in team thought, "Actually, no, Sam's really good at illustration, at drawing and so forth. So he could actually design lots of things for us, do lots of drawings to help make our work more accessible, clearer." Because at Heart n Soul at The Hub, we like to have images for things as well as text, to try and make them more clear for everyone. Yeah, so it was great to be involved in that, to draw as part of my job, which is great and something that wasn't originally in the plan for me to do with my job, but just something they thought, "Sam's good this, he could do this in the job, if he's up for that," which I was.

Yeah, it's also great to be part of the design, the personality, the image of the organisation as well, with my designs being used in important things such as the interactive surveys.

I've really enjoyed working at Heart n Soul at The Hub, working at The Hub at Wellcome Collection. It felt really exciting to be there, to be working there, to have colleagues and it felt friendly as well in the office, while we were working. When we would all go off and have lunch together at the canteen at Wellcome and sometimes go for walks together. It felt really nice and yeah, something I'll miss.

