

# “Let’s Share Our Experiences”

A platform to share different walks of life related to us

The current unprecedented time, which started since the rapid outbreak of COVID-19 has brought quite a turn in everyone’s life and daily routine. Every one of us is limited in terms of what we can do, especially those activities which could go against government’s advice on social distancing. Some of us are working extended hours at frontline support, some are being furloughed at work while some of us are privileged to be able to work from home.

Not sure if it is this unique situation, which might have made us re-think our life and other aspects which were there but never made to our top to do list because we were so busy in our life. Anyway, we thought to do some **trails of digital discussion session via Zoom.us**, where we could probably hear, share and possibly participate our personal and professional experiences from people who we can relate. Not sure, probably to learn something different or may be to divert ourselves little bit from COVID-19 news bugging everywhere.

Here, we would like to share a summary of the sessions we had. We had five sessions and had highest number of participants of 16 in a single session.



- **Session 1( 19<sup>th</sup> April) : An Ice-break and personal experiences sharing session:**

**Primary speakers: Kishor/Sunita Tamang from Nuneaton, Gita/Hemanta Pun from Harrogate.**

They shared their personal experiences of successful self-isolation and cover various related to it like, how to generate NHS self isolation certificate, how to inform employer, what happen to our salary, how family support is vital in self isolation etc.



- **Session 2 (20<sup>th</sup> April): Adult Nurse-How is like working as a Nurse during this COVID-19 situation:**

**Primary speaker: Susila Pun from Hayes, London and Puja Pun form Alperton, London**

Susila and Puja, both are Adult Nurse. They talked about Nursing in general and shared about the working situations, procedures, their personal feeling and how they are keeping safe specially with working in COVID-19 wards....



- **Session 3 (21<sup>st</sup> April): Dental Nursing and Dental Hygiene:**

**Speaker: Roshni Gurung Pun from Basingstoke.**

Roshni shared her 10 years’ experience as a Dental Nurse. She not only talked about good dental hygiene practices but also shared how she became dental nurse, what do they do, how is salary etc. She also covered different dental services available and their associated costs....



- **Session 4 (23<sup>rd</sup> April): Mortgage Advice services and issues related to UK property market:**

**Speaker: Subash Pun from Basingstoke and form Heights Mortgage Ltd.**

Subash a founder and director of Heights Mortgage limited talked about the services they provide to help people buy, sell and let properties. He faced many related questions and gave some tips/advices on how we can make successful property buying process. He also shared about his entrepreneurial experience.

- **Session 5( 25<sup>th</sup> April) Weekend Bonanza:**

1.  **From British Army Officer to Operations Director of ILRS**



**Speaker: Laxman Pun along with her daughter Dr Mamta Pun (Dentist) from Milton Keynes.**

With 26 years of military experience and more than 10 years of commercial security experience, Mr Laxman Pun, a former British Army officer, currently in the senior management team of "INLINE RINSK SOLUTIONS" as an "Operations Director" shared his journey all the way back from Nepal to where he is now, how he choose his post Army career, what risk he took and various aspect of running a company. We had question answer sessions mainly related to his entrepreneurial side, pros and cons of working in small company, networking etc...

Dr Mamta also covered a quick question answer session at the end regarding her background and dental services.

2.  **COVID-19 and How is like working as a doctor during current pandemic time**

**Speaker : Dr Mohan Pun from Burton on Trent.**

With wealth of experiences as a medical doctor from Nepal mainly in Alka Hospital to various medical institutions in the U.K , Dr Mohan Pun is currently a General Practitioner( GP) at Queens Hospital at Burton and Trent. He lead our final question answer session dealing with more than 20 queries mainly regarding Covid-19 (symptoms, rumours, practices, support, advice etc.) and some general NHS issues . He also provided some personal consultation to some of us.