

Jack Church – video transcript

Kia ora. My name is Jake Church and I'm a physical training instructor in the Navy. I love my job. I have a massive passion for fitness and health and just to be able to share that passion with our up and coming sailors and current sailors is just an amazing experience. And I love that because you've got so many different people in so many different backgrounds all coming together to serve our nation.

So about a year ago, I was diagnosed with dilated cardiomyopathy, which is enlarged heart and heart failure. The news was quite shocking but then again, because I was so sick, it was relieving that I found out the problem, The solution was to get a heart transplant. That was a hard thing for me to process...that someone needs to pass away in order for me to carry on living. The state that my body was in, I was going to need blood products to keep me alive as well, and that's the reason why I'm here today.

There's a lot of people I don't know out there that have given me this chance to live, and I couldn't be more thankful enough for that. Blood donors, your decision impacts more than just one person. I know me personally, I'm super grateful. Then my family is super grateful that I'm still here. My friends, my workmates. So it's not just the person whose life you're saving. It's wider than that. It's bigger than that. I'm now able to return back to my job to train our future sailors to give back to them, just like someone has given back to me. It sort of made like a full circle where generosity has just passed from person to person, and we're all just in this world helping others along the way which is a massive win in anyone's book.