

Catherine White, Former ICU patient and Trustee, ICUsteps, UK

I have been a volunteer with ICUsteps, an intensive care patient and relative support charity, since 2007. After needing Critical Care in my 30s, I discovered the hard way the burden of critical illness and how difficult the recovery is. I am a Trustee, Information Manager and Rehab Lead for the charity and established the #RehabsCritical campaign in April 2021.

I have various other healthcare roles, representing the patient voice. I am Chair of NICE Guideline 'Babies, Children and Young People's Experience of Healthcare', which publishes in August 2021.