

DIVERSE ABILITIES: MEET KIT, DEBBIE, STEPHEN AND PATRICK

Kit Riley, BNY Mellon
Deborah van Doorn, BNY Mellon
Stephen Riley, BNY Mellon
Patrick O’Sullivan, BNY Mellon
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Kit Rutley: Hi, I’m Kit Rutley.

Deborah van Doorn: I’m Deborah van Doorn.

Steve Riley: I’m Stephen Riley.

Patrick O’Sullivan: I’m Patrick O’Sullivan.

KR: I’ve got two young girls aged eight and 11, and you know that consumes the majority of my time.

DvD: I like swimming. It’s my main, kind of, hobby. I have teenagers so most of my time is spent looking after their needs.

SR: I enjoy gardening. I do a lot of running. And also we try and get out with the kids for long walks.

PO: We have three kids. Holly May is 10, Sam is age six and Shay is age two.

KR: Back in 1999, I was relaxing on a Sunday afternoon in the bath ready for the week ahead. I was reading a copy of FHM. There was an article on testicular cancer. I was aware of a sore lump but it still took three months or so to pluck up the courage to actually go and see my GP. I went down had the ultrasound, walked back up the corridor straight into his office and he said, “Unfortunately you’ve got cancer.”

DvD: When I was first officially diagnosed with depression anxiety in 2015. I literally will sometimes wake up in the morning and be paralysed in bed. I physically cannot move. But that's when my mind is really at its worst and it's literally telling me that if I get out of bed there's something's going to happen to one of my children and it just goes on and on and on like that until you literally feel as if you can't move, you can't breathe, you can't do anything.

My daughter she ended up having to go into therapy herself, so she was quite poorly herself as well. So it is quite difficult on your family because obviously they don't really know what to do, they're your loved ones and they know that you're hurting.

SR: I was diagnosed with anxiety and depression as a result of workplace stress. In March 2017 I woke up one morning and I couldn't go into work. I can't really describe what happened but I was in tears and I couldn't leave the bed. My wife rang up work and I went straight to the doctors and they prescribed me anti-depressants. After about four weeks I was off work and I tried to go back into the office after speaking to my manager because I thought I was ready to return, I had my first panic attack, which I'd never had one before. I wasn't really sure what was going on and after that I had probably another four months off work. It was quite a tough time.

PO: Shay is two and a half now, he was diagnosed with GBS which is Guillain-Barré syndrome. What happens is if you've got a flu or any type of virus, your body produces antibodies to fight off the virus but in Shay's case it attached your nervous system instead. All his nerves are damaged. So, the message doesn't get to the arm to lift or for the leg to move or for the throat to swallow. It's a paralysis of your central nervous system.

KR: After I'd had all the scans and the operation we found it hadn't spread anywhere and I was lucky to have found it early. What BNY Mellon has been really good at is opportunities like this to raise the profile of these things and put others at least about getting themselves seen to if they suspect they've got any problems.

SR: Since I've actually returned to work it's been amazing. The support has been fantastic and there's a very open atmosphere, I'm able to talk about my situation.

DvD: They've really recognized sort of the condition and depression anxiety. They're taking time to understand what it is.

PO: Over the time where we had to spend so long in hospital they afforded us the time off to be with our son and to be as a family in so much as we could. And the second part of that we're just so thankful to the employees that we work with on a day to day basis for their support as well.

DvD: I think there would have been a time after being so poorly that i would not have felt that I could have come back to work but with all the sort of the work and the getting back to work scheme I came back to work on like a phased return and that was amazing. That pretty much saved me really. Really good.

KR: So my message to my colleagues would be that, check yourself out, get yourself seen to as early as possible. That's absolutely critical in any sort of caner, not just testicular cancer.

SR: I felt myself that it might be showing a sign of weakness and I struggle to get those words out. Anybody who's in this possible now I'd encourage them to speak, you know it doesn't have to be the manager, it can be somebody close to them. I think it's okay to not be okay and it's really good time at the moment to talk about mental health.

PO: I felt withdrawn a little bit and I guess it was a very stressful and worrying time and I guess I wouldn't have shared those feelings much, I kind of would have put on a persona of you have to be strong and keep going. And I guess talking about my worries helped me too as well as I guess push on into the future.

DvD: I really got involved with our Heart and wellbeing and all those different sort of things at work and I found that really, really good because I've accepted that I have depression anxiety. I've stopped letting it paralyze me.

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