

LIFE'S HAPPIER TOGETHER

Royal Voluntary Service is one of the largest volunteer organisations in the country. Throughout our history, we have been able to meet the big needs of the day because of the public's generosity and their gift of voluntary service.

Today, we continue this work in order to support vulnerable people across the nation and help relieve the pressure on public services such as the NHS. By giving your time to do something practical for those in need, you help them stay active and connected to their community.

VOLUNTEERING IS GOOD FOR YOU

Volunteering with Royal Voluntary Service won't just help transform the lives of people in your community, it will change your life too. A couple of hours of volunteering makes you feel great. You'll be amazed what effect one conversation, one laugh from someone who's spent days alone or a heartfelt thank you can have.



GET IN TOUCH

Royal Voluntary Service is a national charity built on local volunteering, giving support to people who need it in our hospitals and communities. If you'd like to volunteer or would welcome someone to give you a helping hand, please get in touch.

To find out more about volunteering opportunities in your area, email us at

opportunities@royalvoluntaryservice.org.uk or for more information, to make a donation or to find out more about volunteering, please visit our website or our social media channels:

-  [royalvoluntaryservice.org.uk](https://www.royalvoluntaryservice.org.uk)
-  [royalvoluntaryservice](https://www.facebook.com/royalvoluntaryservice)
-  [@RoyalVolService](https://twitter.com/RoyalVolService)
-  [royalvolservice](https://www.instagram.com/royalvolservice)

**ROYAL
VOLUNTARY
SERVICE**



Volunteers do not replace carers and are never asked to provide personal care. Royal Voluntary Service is a registered charity 1015988 (England and Wales) & SC038924 (Scotland) and is a limited company registered in England and Wales with company number 2520413. All statistics and data correct at time of publication.

CS3465c_1022

**ROYAL
VOLUNTARY
SERVICE**



DO GOOD, FEEL GOOD

ROYALVOLUNTARYSERVICE.ORG.UK

NOT ONLY DOES VOLUNTEERING FOR ROYAL VOLUNTARY SERVICE HELP THE NHS AND THOSE IN NEED IN YOUR COMMUNITY, IT'S ALSO GOOD FOR YOU IN MANY WAYS.

MEET INTERESTING PEOPLE

Volunteering for Royal Voluntary Service is about getting to know some of the most interesting people in your neighbourhood, building friendships and enjoying each other's company.

GET OUT AND ABOUT

As a volunteer, you won't be stuck doing one thing, and you certainly won't be stuck indoors. We need you to visit those in need in their homes, as well as helping them to get out and about, doing the things they enjoy. That could be anything from having a cup of tea, going to the shops together or getting to and from the hospital. But it could also be going to a football match or helping someone to video call their grandchildren.

ADD SOMETHING TO YOUR CV

Volunteering with Royal Voluntary Service is a great way to show commitment and develop personal skills. It could also be helpful when you're applying for a new course or a job.

LEARNING NEW SKILLS

At Royal Voluntary Service, we need lots of people to do lots of different things – driving, helping with art or IT classes, working in a shop or café, visiting a hospital ward or seeing someone regularly. There's almost limitless scope to use your existing skills and develop new ones to help us improve our work with those in need.

BOOST YOUR MENTAL HEALTH

Helping others doesn't just improve their mental health, it's great for yours, too. Volunteering can combat feelings of loneliness and helplessness, giving you a sense that you're really making a difference to the world.

IMPROVE YOUR SELF-ESTEEM

Doing something useful and worthwhile can improve your confidence in your abilities, as can learning new skills that you're interested in. Volunteering provides you with the opportunities to do both these things.

MAKE THE MOST OF YOUR RETIREMENT

If you have recently retired, you've probably got a wealth of skills and experiences that could be really useful. Of course, whatever your age and life experiences, you will find being part of Royal Voluntary Service hugely rewarding.

VOLUNTEER FLEXIBLE HOURS

There are no fixed hours either – you give the time that suits you. It could be anything from just a couple of hours each month or 15 minutes once a week – we can fit around your busy life. Because we're a national charity, there are, more than likely, multiple volunteer opportunities close to you.

HELP WHEN IT'S NEEDED

Whether a local hospital needs more support during the winter, a lunch club needs a volunteer to help, or during a national crisis, our Emergency Response Volunteers may not be asked to stand up immediately, but just being there, ready to assist, could make all the difference.



For more information about volunteering, visit us at royalvoluntaryservice.org.uk or email us at opportunities@royalvoluntaryservice.org.uk.



VOLUNTEERING HAS GIVEN MY WEEK STRUCTURE AND INTRODUCED ME TO SO MANY NEW PEOPLE

Regan | Dementia Support Volunteer



Scan the QR code to find out more about volunteering with us.

