

Have you ever thought about Volunteering?



**Do you have a few spare hours a week?
Would you like to make a difference?**

Volunteering can be life changing!

Volunteering can be a rewarding experience and can not only make a real difference to your life but also to those of the patients, staff and visitors here at Livewell Southwest.

It can help increase your confidence through learning new skills, meeting new people and being part of a team.

Why volunteer?

You may have used one of our services and feel that you would like to give something back, or you may simply want to use your knowledge and skills to benefit others - whatever your reasons for volunteering with us, you'll be making a valuable contribution to our work.

We have a wide range of activities you could help us with, such as...

- Befriending people to help them get out and about
- Meeting and greeting service users and visitors to our sites
- Supporting sports activities
- Providing assistance at mealtimes
- Encouraging patients to undertake simple exercises
- Helping patients and family complete feedback so we can improve our services

If you are interested please call Chris Maccullie on 01752 435628 or email chrismaccullie@nhs.net