



GP Practices and Health Centres are seeking volunteers from among their patients to help older patients who are lonely, isolated or need help to get to the surgery. Volunteering for your local surgery not only helps the GPs and nurses and the people you are volunteering for but is rewarding for you.

If you like meeting people, enjoy sharing your time with them and are keen to make a difference to their quality of life, you are the person we are looking for.

Local contact:

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 Volunteers receive all out of pocket expenses and excellent personal accident and third party insurance cover.

RSVP West

The CREATE Centre
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 Bristol BS1 6XN

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RSVP (Retired and Senior Volunteer Programme) is a part of CSV, the UK volunteering charity. Friends of RSVP West Region, registered charity number: 1108785.

Are you over 50 with time to spare and skills to share?





What can I do?

Surgeries are looking for Volunteer Drivers to take older patients to and from their appointments. Some have no access to personal or public transport and find it difficult to get to the surgery. Your role as a driver will help to reduce missed appointments and unnecessary home visits by doctors or nurses.

Or you might like to be an RSVP Volunteer Wellbeing Guide and visit elderly, lonely patients at home. This could mean the occasional cup of tea and chat or some help with practical tasks. You might be



able to help them rediscover an interest or find a new one by introducing them to activities in the neighbourhood. There is great satisfaction in knowing that you have helped someone who has become isolated to again be part of society.

If you are an organiser at heart, why not become the RSVP Volunteer Co-ordinator for your surgery. This involves allocating patient journeys to volunteer drivers and making sure patients are appropriately matched to those who wish to become Wellbeing Guides.

What will I get out of it?

By volunteering for your local surgery you will provide a valuable service and become an important member of the team. You will meet other volunteers regularly and can attend training sessions if you are interested.

Research has shown that staying active and volunteering results in better physical and mental health and a longer life.

What time will I need to commit?

It is entirely up to you to decide how much time you want to spend each week or month. You will inform the Volunteer Co-ordinator of your availability a week in advance.

I am interested – what next?

If you would like to know more about becoming a volunteer for your GP surgery please contact the RSVP Surgery Schemes Organiser whose contact details are on the back of this leaflet.

Visit our website for more information.

www.rsvp-west.org.uk