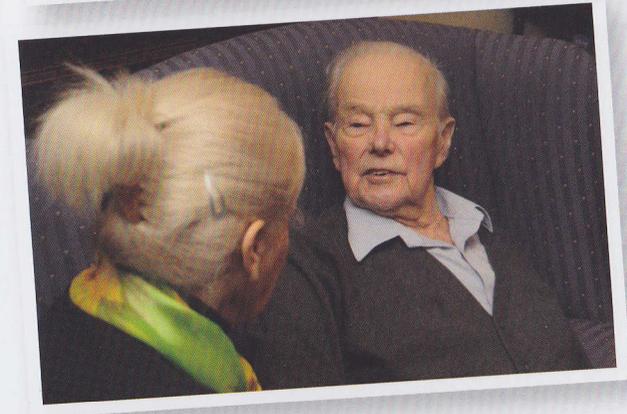




What can I do?

Surgeries are looking for volunteer 'Wellbeing Guides' to visit lonely, isolated patients at home. This could mean sharing the occasional cup of tea and chat, maybe helping with some minor practical tasks and eventually you might even persuade them to join a group or an activity in the local neighbourhood. Keeping active and interested into old age is hugely beneficial for a person's physical and mental wellbeing. GPs and other health professionals are increasingly recommending social activities to their patients as a treatment for loneliness and isolation and you, as a volunteer, are vital in facilitating this process. Not only is it very rewarding to you to help others but it also helps you to stay active and engaged in your wider community.



Or you might like to be a volunteer driver to transport older patients to and from their appointments. Some patients have no access to personal or public transport and find it difficult to get to the surgery. By driving them you will help to reduce missed appointments and save doctors or nurses having to make time consuming home visits.

If you would like to know more about becoming a surgery volunteer one of our Surgery Organisers will be happy to meet you to answer your questions. If you are happy to proceed, we will ask you to fill

in the RSVP membership form and give us two referees. RSVP membership is free and gives you personal accident and third party insurance cover. You will also be asked to agree to a DBS (Disclosure and Barring Service) check done through your surgery.

What will I get out of it?

Volunteering for your surgery provides a valuable service and you will become an important member of the team. You will meet other volunteers regularly and will be offered interesting, short training courses at no cost to you.

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

What time will I need to commit?

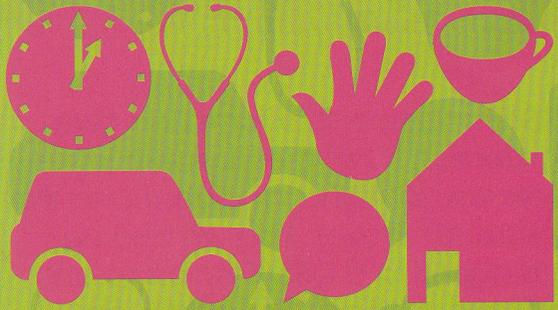
You decide how much time you want to spend in a week or month. Just inform the volunteer coordinator of your availability.

I am interested – what next?

For more information about volunteering for your GP surgery, leave your name, phone number and e-mail address at your surgery's reception desk.

Visit our website for more information.

www.rsvp-west.org.uk



Your Health Centre is inviting you to volunteer for them.

Would you be willing to bring older patients to the surgery and take them home again? Would you be happy to visit socially isolated patients at home? Volunteering for your local surgery helps GPs and nurses, makes a big difference to the lives of the people you are helping and is hugely rewarding for you.

If you like meeting people and enjoy sharing your time with them, you are the person we are looking for.

Contact:



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

RSVP West
The CREATE Centre
Smeaton Road
Bristol BS1 6XN

T: 0117 922 4392
E: office@rsvp-west.org.uk
www.rsvp-west.org.uk



RSVP West retire into action

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

VOLUNTEERING  **MATTERS**

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

**Volunteer
for your
surgery**



RSVP West retire into action