

# I'D LOVE TO VOLUNTEER IN HEALTHCARE BUT...

IF I DO  
**WILL I...**

**SEE**  
THINGS I CAN'T  
**UNSEE?**

Yes possibly, but that's part of what makes volunteering with the NHS such an awesome experience. You don't know what you'll get to see next!

HAVE TO DEDICATE  
**HOURS**  
OF TIME AND BE STUCK  
IN AN ONGOING  
**COMMITMENT?**

Where, when and how you volunteer can be really flexible, so you can decide what works best for you.

BE  
**COUNTING**  
DOWN THE MINUTES  
 **HOME?**

No way – there's too much to see, do and learn! And if it turns out that what you're up to isn't for you, have a word with someone and see if you can try something else instead.

SEE  
**BLOOD**  
OR ANYTHING  
**GORY?**

It's totally possible in a healthcare environment that you might, but there are plenty of other ways you can get involved should you really not want to!

**REALLY**  
BE OF  
**ANY USE?**

Absolutely! Everyone has something to contribute – it could be ideas and energy, or company and conversations, everything makes a difference.

**CATCH**  
**SOMETHING?**

Highly unlikely but it's really important to follow any guidance and instructions correctly, and speak to someone if you have any concerns.

**FEEL LIKE**  
I'M AT  
*school?*

No! You'll be immersed in a challenging, dynamic, real-life working environment. Volunteers are really valuable members of the team – the NHS relies on them daily.

# IF I VOLUNTEER IN HEALTHCARE

## I WILL...

### DEVELOP AND GROW

You'll gain invaluable experience that is great for your CV, but more importantly for yourself – volunteering is a giant boost to confidence, skills and character.

### HAVE FREEDOM TO CHOOSE

You'll have a choice about how much time you dedicate and what you do, so there's no pressure to be doing things you don't want to.

### MEET REAL LIFE HEROES

You'll meet incredible people and hear stories that will change your view of the world. There are plenty of life-changing tales in the NHS.

### FEEL ENERGISED

Ever noticed how good you feel when you do something kind for someone else? Helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose!

### BE WELCOMED AND APPRECIATED

You've got a new perspective to offer, creative solutions and fresh ideas, you'll bring a breath of fresh air to business-as-usual tasks.

### SOCIALISE

Comradery, teamwork and togetherness allow for great friendships to be built with other volunteers, staff and patients.

### FEEL 'PROUD'

You'll be contributing to a really valuable service that's right on your doorstep, there's no need to travel the world in search of a chance to make a real difference!

## READY TO GET INVOLVED?

To find out more visit [england.nhs.uk/ourwork/volunteers-week/get-involved](https://www.england.nhs.uk/ourwork/volunteers-week/get-involved). To learn more about youth social action visit [iwill.org](https://www.iwill.org) and join the **#iwill** campaign