

## Becoming a volunteer at Richmond Fellowship

If you're a member of the public or someone who is using or has used our services and you want to give your time to help others then Richmond Fellowship has opportunities for you. Become a volunteer and you could also gain valuable skills and experience.

Given the geography and diversity of the services we provide, we've a wide range of volunteering options available. The two main types of volunteering we offer:

- **Befriending** – people with mental health problems can find it hard to get out and mix with people socially but you could help them through one of our befriending roles
- **Helping out at a service** – you can provide support in addition to those provided by our paid staff using skills such as creative, clerical, gardening, or interpreting.

We're totally committed to your protection and wellbeing while you volunteer with us. Our aim is to ensure that your time, skills and commitment are used to the benefit of all, and that you enjoy the time you spend with us.

We also offer student work placements and opportunities to gain work experience.

WE WANT  
TO HEAR  
FROM YOU

### Find out more

Contact your local Richmond Fellowship service to find out what opportunities are currently available.

[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

[f /rfmentalhealth](https://www.facebook.com/rfmentalhealth) [t @rfmentalhealth](https://twitter.com/rfmentalhealth)

If you need this leaflet in alternative formats such as a different language, large print or easy read then email Richmond Fellowship's communications team on: [communications@richmondfellowship.org.uk](mailto:communications@richmondfellowship.org.uk)

**VOLUNTEER  
WITH US**

MAKE A DIFFERENCE TO SOMEONE'S LIFE

**RICHMOND  
FELLOWSHIP**  
MAKING RECOVERY REALITY

# This leaflet gives you more information about what's involved.

## Who can **volunteer**?

We welcome volunteers from all backgrounds. You just need to be over the age of 18.

## What's the **application process**?

To become a volunteer you'll be asked to complete an application form, provide the names of two referees and have an informal interview. We'll supply you with an outline of the work you'll be undertaking and a volunteer agreement.

The object of this is to try, as far as possible, to match your motivation and expectations to what we need from a volunteer.

If your role will involve working alongside individuals using our services then we'll also need to carry out a check with the Disclosure and Barring Service (DBS) before you can start.

## What support will **we give you**?

Most volunteering roles don't need any special training. However, we'll give you a full induction to your role and our organisation when you start.

## Can you **claim expenses**?

We can't make payments or offer accommodation to you for undertaking voluntary work for us. However, we will reimburse you for legitimate expenses you've incurred such as travel costs.

## Will volunteering **affect your benefits**?

Volunteers are not paid for their time but are entitled to be reimbursed for legitimate expenses. So volunteering doesn't affect the benefits payments you receive although you should inform your benefits advisor when you start volunteering.

## How much time will you be **expected to commit**?

We're grateful for whatever time you're able to give. The amount of time needed is different for each volunteering opportunity. This will be discussed and agreed with you during the application process.

## About our **work placements**

We can offer work placements of up to six months to give you 'on the job' experience, skills and knowledge in order to help you gain employment or further your career or academic studies.

The process for applying for a work placement is the same as for volunteering.

