

# Volunteer at Mildmay



**It's one of the most rewarding things you can do.**

## **We need your help**

Are you looking for a way to make a positive impact and help those in real need? We need you to **join our team of dedicated volunteers and help with:**

### **Companionship, recreation and patient support**

We need dedicated volunteers who can spend time with our patients, chatting with them on the wards or in our peaceful garden, playing games, and contributing to a warm and friendly environment.

Once you've gained some experience, you can help by accompanying low-risk patients to appointments.

### **Practical help**

We also need volunteers to assist with practical tasks, such as collecting medications from pharmacies, helping with admin, tidying the garden and so much more.

Your support is invaluable and helps us make the best possible use of our resources.

**Learn more & join us: [www.mildmay.org/volunteering](http://www.mildmay.org/volunteering)**

# What's it like to be a Mildmay volunteer?

Our volunteers have a great time, regardless of why they do it!

## About Mildmay

Mildmay Hospital is a specialist charitable hospital working in partnership with the NHS to provide rehabilitation and care for adults living with complex HIV-related conditions, people experiencing homelessness and individuals recovering from substance misuse.

Many of our patients arrive at a vulnerable time in their lives, seeking not just medical care but also dignity, support and hope.

"Talking to patients has taught me the importance of listening and how fulfilling a human connection is"



As a volunteer, you can be part of something life-changing:

- Make a positive contribution to the experiences of our patients
- Get a sense of accomplishment and a positive outlook on life
- Gain confidence, connection and real-life experience
- Do something of benefit to your local community
- Be part of a close-knit, welcoming team
- Do something worthwhile and meaningful to you.

Whether you are studying or reconsidering your career, volunteering can help you decide your future goals.

We don't require previous experience, just reliability, empathy, and a willingness to learn. But to truly make a difference, we ask for **genuine commitment** - we're looking for people who can give their time regularly and stick with us for a while.



**Mildmay Hospital**

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