



# Volunteering at the RHN ...

a rewarding way to contribute to your local community, gain new experiences and meet some amazing people.



**As part of our Volunteer Team you can help those living with a severe disability to rediscover their quality of life.**



You can do this by sharing and developing a whole range of interests: music, gardening, art, computers, sports, concerts and films, bingo, quizzes and religious services.



Alternatively, you could play a vital role in fundraising, office assistance, organising libraries, driving ambulances, running the shop or snack bar and scheduling satellite TV.

## **Frequently Asked Questions**

### **How much time do volunteers give?**

Just a few hours a week, during the day, evening or weekend. As volunteers often work directly with residents, we ask for a minimum commitment of 3-6 months. We will discuss with you the available placements that fit in with your free time.

### **Who volunteers at the RHN?**

All sorts of people! We welcome volunteers over the age of 16 from all backgrounds.

### **Is any experience required?**

No. We provide individually-tailored induction and training for every placement, with the support and supervision of a specified supervisor. Volunteers are also welcome to attend the RHN's extensive ongoing training sessions.



**One of our volunteers had this to say:**

*"Volunteering not only looks good on my CV, it's given me the chance to interact with others and I feel I'm doing something really meaningful."*





## About the RHN

The Royal Hospital for Neuro-disability is a national medical charity. We care for people who are severely disabled following damage to the brain or nervous system. This could include those needing short term rehabilitation after a car accident or stroke, or those in long term care with, for example, multiple sclerosis or Huntington's disease. Our focus is on positive outcomes and helping everybody to find ability in disability.

Volunteers are a valuable and important resource. Our diverse team of more than 150 volunteers helps to provide a varied and exciting recreational programme.

TO FIND OUT MORE ... go to [www.rhn.org.uk](http://www.rhn.org.uk)

Phone 020 8780 4500 ext. 5019

*Do please leave a voicemail and you'll be contacted.*

Email [volunteers@rhn.org.uk](mailto:volunteers@rhn.org.uk)

**Royal Hospital for Neuro-disability, West Hill, Putney, London SW15 3SW**  
Registered Charity Number 205907

## How to find us



### By car

**From the M25:** Leave at junction 10 and follow the A3 to Central London. We are located on the A3 (West Hill), just after Tibbet's Corner roundabout.

**From Central London:** Follow signs for the A3 and continue through Wandsworth High Street. Just past the fire station, take the left-hand fork at the road junction. Our entrance is just before the dual-carriageway.

**By bus** Route 170 stops close to the main entrance. Routes 14, 39, 85 and 93 stop at Putney Heath (Green Man) which is a 6-8 minute walk through Putney Heath Lane.

**By London Underground** East Putney (District Line) – 15 minutes walk

**By rail** Putney Station – 20 minutes walk

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