

VOLUNTEER NOW!

Try something new, help
your local community and
support the NHS

We Need:

- Drivers
- Befrienders
- Ward Helpers
- Welcome Guides
- Carer Relief Companions
- Extra Care Housing Visitors
- Meaningful Activity Volunteers

We Provide:

Uniform
Full training
Expenses



Can you spare 2-3 hours a week?

Find out more:

<http://www.nhslothian.scot/GetInvolved/Volunteering>
@NHSLVolunteers

