

HOW ELSE WE COULD HELP?

SUPPORTING YOU AT HOME

A helping hand to rebuild confidence, our volunteer is there to take you to a favourite club, help with a shopping trip or just drop in for a cuppa - whatever it takes to make your day.

SUPPORTING YOUR RECOVERY

From on the ward to back at home, even everyday tasks can seem a challenge when you're recovering. Our volunteers provide a helping hand while you get back on your feet.

SUPPORTING HAPPY HEALTHY LIVES

We offer personal support and a range of social activities, to help you get the most out of life.

WITH FRIENDLY HELP, FREELY GIVEN, OUR ROYAL VOLUNTARY SERVICE VOLUNTEERS ENJOY SHARING THEIR TIME TO GIVE SUPPORT AND COMPANIONSHIP.



GET IN TOUCH

Could our Supporting Your Recovery service help you or someone you know? Or could you be one of our volunteers? If so, please get in touch with us:

Royal Voluntary Service
SandHurst Road
Milford Haven
SA73 3JU.

Telephone us on **07585 997 091** or email us on **pembshub@royalvoluntaryservice.org.uk**

For more information, to make a donation or to find out about volunteering, please visit our website or our social media channels:

-  royalvoluntaryservice.org.uk
-  [royalvoluntaryservice](https://www.facebook.com/royalvoluntaryservice)
-  [@RoyalVolService](https://twitter.com/RoyalVolService)
-  [royalvolservice](https://www.instagram.com/royalvolservice)

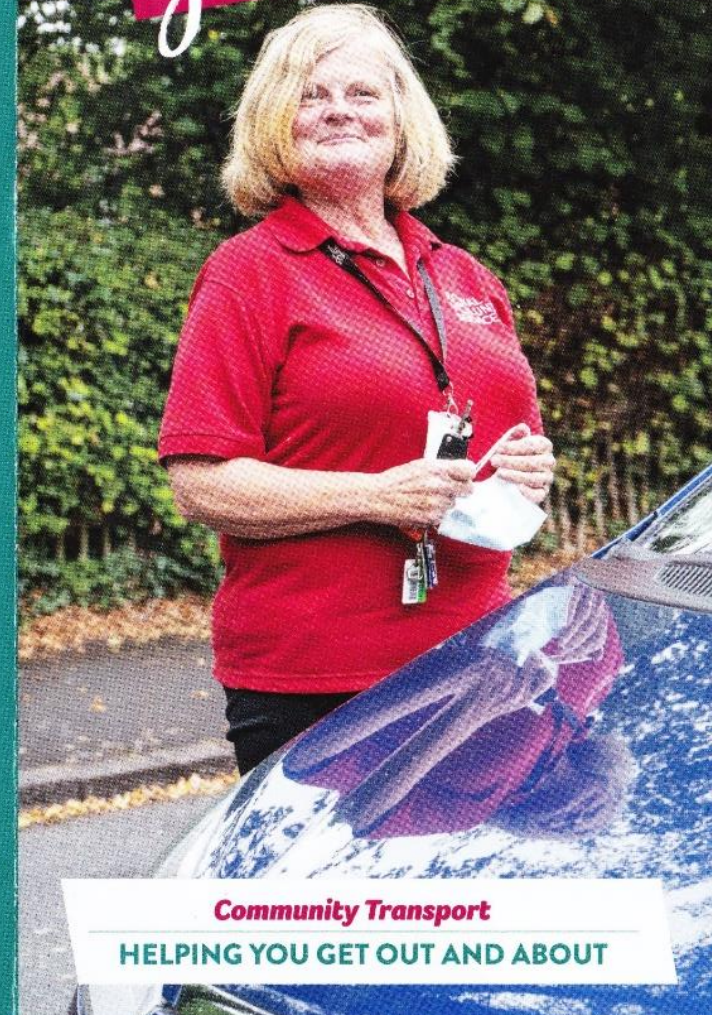
**ROYAL
VOLUNTARY
SERVICE**

Volunteers do not replace carers and are never asked to provide personal care. Royal Voluntary Service is a registered charity 1015988 (England and Wales) & SC038924 (Scotland) and is a limited company registered in England and Wales with company number 2520413. All statistics and data correct at time of publication.

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**ROYAL
VOLUNTARY
SERVICE**

**WE'LL GIVE
you a lift**



Community Transport
HELPING YOU GET OUT AND ABOUT

A CHANGE OF SCENE ALWAYS GIVES YOU A LIFT

Our Community Transport service is John's Mondeo, Jo's Micra or Terry's Yaris, there to whisk you door-to-door, whether it's to a health appointment, the shops or to see a friend. With a chat along the way, and a helping hand if you need it.

- Visiting family and friends
- Getting to a lunch club or social club
- Shopping, whether it's for weekly essentials or a treat
- To see a friend, join a class or socialise
- Personal care, like hairdressers

IS THERE A COST?

Our drivers are volunteers but we do ask you to cover their fuel and running costs, with a small fee based on mileage. Just tell us where you'd like to go and we'll let you know how much it will be.

They undergo the proper checks and carry ID so you can be sure they're genuine and trustworthy. Our thousands of volunteers are very different kinds of people from many walks of life, but they all agree that volunteering is hugely rewarding.



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**IT'S A NICE WEE
CHANGE FROM THE
FOUR WALLS, YOU
KNOW?**

Mrs Sutherland | Service User, Inverurie



For more information, to make a donation or to find out about volunteering, please email us pembshub@royalvoluntaryservice.org.uk, visit us at royalvoluntaryservice.org.uk, or call us on 07585 997 091.