



# **VOLUNTEERING OPPORTUNITIES**

**Help Us to Help the NHS**

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

# Friends of Brighton & Hove Hospitals support NHS healthcare services across the City.

We raise money through legacies, donations, membership subscriptions and events to provide funds for innovative new equipment and additional patient services, such as our Small Acts of Friendship campaign.

We also have a Friends Shop and a Café at the Park Centre for Breast Care.

We are currently looking for Volunteers to work in the Royal Sussex County Hospital elderly care wards as part of Small Acts of Friendship (SAF) and in the Friends Shop and Café.

If you are interested in helping we can give you information, arrange a visit and support you through the NHS application process (necessary for SAF and the Café) so you can join the team that is right for you.

We can also offer flexible opportunities enabling you to change roles if you would like to and provide training to help you find the volunteering role that gives you the most fulfilment.

All our work and funds go directly to support the NHS, so your volunteering will make a real difference.



# Small Acts of Friendship



**Small Acts of Friendship**, based in the elderly care wards at the **Royal Sussex County Hospital**, is a programme to help elderly patients retain dignity, social activity, mobility and wellbeing whilst in hospital. The volunteering role is to support a small group of patients taking part in activities such as reminiscence, music, art, poetry, collage and knitting. Groups take place most mornings for 2 hours, both weekday and weekend opportunities are available. No specific skills are required as you will be working alongside experienced therapists and volunteers.

Other volunteering opportunities include helping with afternoon tea, supporting the massage therapists & hairdressing, or befriending which could include sitting with patients to provide company, reading to patients or listening with empathy as they share their experiences.



# Friends Shop



The Friends Shop, located at 95 St James Street, sells clothes, books, media and a vast range of donated household items.

We welcome people who can commit to a minimum of one morning or afternoon per week. Our volunteers work as part of a team and can help with activities from sorting and pricing donations to serving on the till.

No retail experience is necessary as full training will be given.

**Friends Shop**  
**95 St James Street**  
**Brighton**  
**East Sussex**  
**BN2 1TP**

# The Friends Café



The Friends Café, is at the Park Centre for Breast Care in Preston Road, Brighton. This café is open Monday to Friday from 9am until 4pm, offering hot and cold drinks, sandwiches and snacks to patients, staff and service users in the Park Centre. We are always looking for the right volunteers to commit to one morning / afternoon or occasional session per week. We provide training and help with the recruitment process. We have a great team of volunteers whose caring and welcoming attitude is appreciated by both patients and staff at the Centre.

**Friends Cafe**  
**177 Preston Road**  
**Brighton**  
**East Sussex**  
**BN1 6AG**



**If you are interested in finding out more** contact  
Suzy or Sarah at the Friends Office

**T: 01273 66 4936**

**E: [office@brightonhospitalfriends.org.uk](mailto:office@brightonhospitalfriends.org.uk)**

If you are particularly interested in  
**Small Acts of Friendship** contact Paola:

**T:07846 070330**

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**Friends of Brighton & Hove Hospitals**

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