

# Become a Royal Free Charity Music Volunteer

## Summary

The Royal Free Charity's volunteering team provides a range of services throughout the hospitals within the Royal Free Hospital NHS foundation Trust, to support staff and brighten patients' days.

We are looking for skilled musicians who would like to volunteer their time playing music in the hospital. We have multiple opportunities for you to get involved, whether you would like to come on a one-off basis and play in the entrance to the hospital or the staff canteen, or whether you would like to make a bigger commitment and regularly play in the wards for patients.

## Key traits, skills and experience

We are looking for skilled musicians who can bring their instrument into the hospital.

The hospital is a fast-paced and often challenging environment. Volunteers must be aware of this and let a member of the charity staff know if there is an area that is particularly sensitive to them.

## Opportunities and responsibilities

If you would like to volunteer on a one-off, or non-regular basis, you can set up at the (indoors) entrance to the hospital, or in the canteen/eating space shared by staff across the hospital. Having live music really improves the atmosphere for those working within and visiting the hospital.

If you would like to make a more regular commitment, you can sign up to play on the wards. Being a more consistent presence is an incredible and fulfilling experience because you get to know the patients, and contribute to the wellbeing of some of the most vulnerable people in the hospital.

We are also looking for volunteer musicians to play at day-time events for NHS staff and keyworkers. This is an amazing opportunity to give back to your local community and health service.

## Location

You can volunteer at the Royal Free Hospital, Barnet Hospital or Chase Farm Hospital, depending on where is most convenient for you.

## Benefits to the volunteer

- The satisfaction of improving patients' quality of life: music is proven to positively impact not only patient mood but also their prospects of physical recovery. It can lower stress, blood pressure, improve quality of sleep etc.
- Helping to engage the patients takes that pressure off hospital staff, which has a direct impact on the pressure that the NHS faces.
- Being part of a team of diverse volunteers all united in their mission to support keyworkers
- The opportunity to learn and develop skill and attributes like compassion, communication skills, resilience, and an understanding of serious illnesses.
- For longer-term volunteers, full support, and training for conduct within the hospital.
- For longer-term volunteers, a reference for future volunteering or employment.
- Following our expenses policy, reimbursement of agreed expenses.

If you are interested in getting involved, please contact:

Looking forward to hearing from you 😊