



# Social action for health and well-being: building co-operative communities

Department of Health strategic  
vision for volunteering

Easy Read





## Who we are

We are the Department of health.

We are part of the government.



## Volunteering and health

A volunteer is someone who helps other people.  
They do not get paid for this.

Volunteers help people with their health and care needs in lots of ways.

For example,



- Looking after someone in the family or a friend who needs extra help because of their health
- As volunteer drivers taking people to the doctor or hospital.
- Helping people get information about health services in their area.

We think volunteers are a really important part of helping everyone to get the care a support they need with their health.

## Public health

Public health is about helping people to stay healthy as they can.

For example, we give information and advice on

- healthy eating
- keeping active
- why exercise is important.



This is the help and care you get from people like a

- doctor
- nurse
- dentist.

## Social care

This is care and support for people who need extra help.

For example, you may need help with getting washed and dressed.

You would get this kind of help through social care so someone like a social worker might sort it out for you.



## Volunteering can be good for you



We think volunteering is important for the people who volunteer, not just the people who they help.

Volunteering can give you the chance to do new and interesting things.

Volunteering can help you

- learn new skills
- meet new people
- keep you active
- help you to be independent
- help you to feel part of your community.



Volunteering can help people of different ages come together.

It can help people in an area get to know one another.

## An example of volunteering



There is a project called **Dawn Patrol**.

This is a project to help look after older people.

All the volunteers are school children.



Each day the older people put a number in the window at the front of their house.

There is a number for each day of the week.



Children on their way to school in the morning check that a new number goes up each day.

If a new number does not go up the children know something may be wrong with the older person.

They tell an adult at school who can arrange for someone to go and check on the older person.

There could be projects like this all over the country.

## What you can do



You may already give some of your time to be a volunteer.

If you do not volunteer now think about volunteering in the future.



Ask yourself these questions to help you think about the sorts of things you could volunteer to help with



- What am I good at that I could use to help other people?



- What skills have I got that I could use to help someone else?
- What could I learn from being a volunteer?

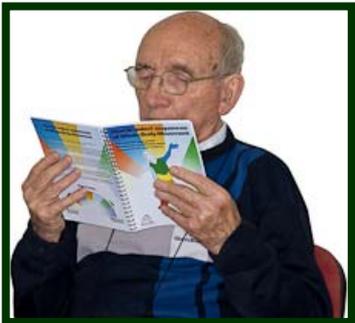
## What we will do



We will collect stories about good projects that use volunteers.



We will make information to tell people in health and social care how volunteers can help. This will help people in health to set up projects that use volunteers.



We will work with other groups to make sure there is good information for volunteers about how they can take part.



We will use our Health and Social Care Volunteering Fund to help groups do more. This is money to support voluntary groups and projects.

## More about what we will do



We will help employers in health and social care to set up Employer Supported Volunteering. This is when your employer gives you time off to be a volunteer.

Make sure there are chances for people to take part in HealthWatch.

HealthWatch is about



- giving people advice about health services



- supporting people to complain if they have not had good care from the NHS.

**Mencap made this easy read.  
Thanks to Photosymbols for the pictures.**