



Recent volunteering

You've reviewed our policies, and given feedback about your experience of volunteering, to help us improve and pursue a quality standard.



Our volunteers help us with everything from surveys to community events to blogging.



You've phoned GP practices to find out what support is offered to patients with autism.



You've visited GP practices to find out how they are making information accessible.



You've gathered views on community services like physiotherapy and podiatry, mental health day services, and reablement for older residents recovering from hospital stays.



Volunteers from London Metropolitan University designed and delivered a project about social isolation.





We brought commissioners & service users together to discuss how to improve support for adults with ADHD.

As a result, commissioners are redesigning the service to make more support available to people before they have been clinically assessed. There are very long waiting times between being referred to the ADHD service and having the assessment, so this change is especially welcome.

We challenged the consultation process around proposals to redevelop local mental health inpatient facilities.

The consultation was postponed, and reworked.



We've influenced future plans for pharmacy spending. This will raise the profile of services that are currently underused.



Information about health



We trained 126 older residents with health conditions how to use their smartphone to access information about health services, book GP appointments 7 days a week, and find low cost opportunities for self care, such as keep fit classes.