



the disability foundation
the holistic health charity for every body

Join our Volunteer Team!

Do you want to enhance your CV?

Do you want to do something that makes a real difference to peoples' lives?

Do you want to gain vital skills and experience in a health setting?

Do you want to be part of a small caring team?

About TDF (The Disability Foundation) Based in the grounds of the Royal National Orthopaedic Hospital (RNOH) for over 20 years, Stanmore, TDF offers a wide range of self-care, relaxation and holistic therapies to anyone affected by disability or chronic/complex medical conditions (both seen & unseen), their families, all carers & care workers and the NHS. We have a centre with 5 therapy rooms and we also work in partnership with numerous other hospitals, hospices, charities and support groups offering wellbeing services to both patients and staff.

Why Volunteer at TDF Volunteering at TDF and how to apply to be a TDF Volunteer TDF volunteers play a very meaningful role in this special charity and there is something for everyone. TDF is looking for individuals who can assist our small core team - from office admin, to helping clients, to events, research, outreach and fundraising.... There is never a dull moment at TDF and being involved in a grass roots charity is extremely interesting and very rewarding! You will be making an important contribution to the community around you. You will learn a range of skills including office admin, time management, what it is like to work in a busy health clinic, the importance of kindness and a customer care environment. **To apply please email info@tdf.org.uk with your CV or to request a Personal Introduction Form and tell us why you are interested.**

A day in the life of a TDF Volunteer You may find yourself assisting in the day to day running of the centre for example photocopying, filing, making up client folders, stock taking. Or you might find yourself replenishing our charity book stall and helping to run our charity Ebay shop. You may be involved in helping to directly deliver our therapy services by organising towels, tidying therapy rooms and Reception area between patients or you may assist in database entry & website research. You may also join or help organise local events and assist at our wellbeing days at other organisations. Lastly, if you like fundraising you may want to get involved in that.

Skill Requirements for volunteering at TDF

- Available one session per week (a session is a morning or afternoon, Monday to Friday) or occasional weekends.
- Willingness to make a commitment of six months or more, a commitment to timekeeping and customer care
- An interest in health care, wellbeing, self-care and complementary therapies
- Satisfactory references and an Enhanced Disclosure & Barring Service (DBS) certificate (This is organised by TDF)
- A pleasant manner, good verbal and written communication skills, attention to detail and a respect for confidentiality

How to get to TDF

Address: The Disability Foundation, based at RNOH, Louis Fleischmann Building, Brockley Hill, Stanmore, HA7 4LP.

Telephone: 020 8954 7373.

Travel: Travel expenses are paid to all volunteers. There is free parking on site. If you use public transport you can get to TDF from Stanmore Underground Station (Jubilee line). There is a free RNOH Courtesy Car Service (Bus Stop A). The service runs Monday to Friday every 15 minutes from 6am to 8.45pm. Ask for the Orthotics Department drop off point. TDF is across the road, in the same building as the Prosthetics Department. Alternatively, you can also take the 324 Bus - the route is along London Road and then up Brockley Hill to the RNOH Main Gates. Journey time approx 20 minutes. OR from Edgware Underground Station (Northern line) take the 107 bus to the RNOH Main Entrance Gates. NOTE: it is a ten minute walk through the hospital site to TDF's Centre.