


# Become an RMBF student volunteer

## Help make a difference for medical students in hardship

# The RMBF is the UK charity for doctors, medical students and their families.

**Medical students in their final two years, facing financial hardship due to a change in circumstances caused by illness, injury, disability or bereavement, may be eligible for financial support from the RMBF. We also provide free online money advice and wellbeing support for students of all years.**

Our network of medical student volunteers works across the UK to raise awareness of the support we offer. By joining us as a volunteer, you can help other students to access vital support when they're struggling – whether that's via a presentation, a social media comment, or a well-placed poster or leaflet.

We rely on donations and receive no government funding, so a lot of our volunteers also fundraise for the RMBF in their medical school community.

## What do student volunteers do?

- Deliver talks and presentations to other students about our support
- Organise information stands at events (freshers' fairs, wellbeing events, awareness days, etc.)
- Distribute RMBF promotional materials
- Liaise with key medical school contacts (both academic staff and support staff)
- Raise our profile online via your student networks, social media platforms and message groups
- Take on fundraising events and challenges
- Formal and informal networking activities
- ...and more!

## What will I gain from volunteering with you?

You'll gain the satisfaction of knowing you are making a difference to the lives of doctors, medical students and their families.

Demonstrating your care and commitment to the medical community can:

- Help you stand out in applications for junior doctor positions
- Boost your portfolio
- Enhance your wellbeing

## How much time does it take?

This is a flexible role, designed to fit around a busy course of study and other commitments. We ask volunteers to undertake at least four awareness-raising or fundraising activities, and attend one RMBF networking event, every year.

## How will I be trained and supported?

All student volunteers get a full induction to the RMBF, covering the different kinds of support and resources we offer, our forthcoming activities, as well as on-going training opportunities such as in presentation skills and mental health awareness. We provide free print and digital resources for you to distribute, and cover expenses for certain activities (e.g. travelling to RMBF events). And our staff team is on hand to answer your questions and give advice on making an impact with your activities.

## What do students say about volunteering for the RMBF?

> **"If I can make one person aware of the RMBF, and that leads to them seeking help, then it is all worthwhile."**

> **"I feel very valued and supported as a volunteer."**

> **"There are so many ways to get involved, and every contribution goes a long way. Together, we can support medical students and ensure that they have the resources they need to thrive!"**

## How do I sign up?

Just visit rmbf.org/volunteer (or scan the QR code) and fill in the expression of interest form – it only takes a couple of minutes. Our Head of Volunteering will then get in touch with you to discuss further.

Royal Medical
Benevolent Fund
The Doctors' Charity

**The Royal Medical Benevolent Fund is the UK charity for doctors, medical students and their families.**

If you're a doctor or medical student facing exceptional hardship, please contact our Casework team to discuss whether you may be eligible for support: help@rmbf.org

**Get in touch:**

RMBF, 24 Kings Road, Wimbledon, London SW19 8QN
020 8540 9194
info@rmbf.org

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