

At the heart of the Friends are the Volunteers. Without them there would be no Friends. The Friends need to look ahead to the challenges of a constantly changing hospital environment. Queen Mary's Hospital is now secure for the foreseeable future with the services being offered expanding gradually. There is always a demand for more volunteers to develop and expand the facilities within the Hospital.

Do you like the idea of becoming a volunteer? Volunteering provides an excellent opportunity for you to meet people, utilise your existing skills or gain new ones. It will also give you a sense of personal satisfaction as you will be playing a part in keeping Queen Mary's at the heart of the community.

Currently there are up to seventy volunteers; many are retired and wish to give back to the community.

Whether you are working or retired, the Friends would love to hear from you and, of course, more volunteers are always needed, particularly at weekends, to fill in the gaps due to illness, holidays and family circumstances. There are also plans to open a Friends Kiosk on the second floor for the use of patients, and staff, attending the always busy outpatients' clinics.

There is always a need for more Volunteers. Even with the amount that we have, we simply cannot keep the Friends Café open all the time that patients attend the hospital. We would never have enough Volunteers to cover the Urgent Care Centre, which is open 24 hours a day.

If you can offer your services for a few hours per week, the Friends would very much like to hear from you.

Please email us at [friendsofqmh@gmail.com](mailto:friendsofqmh@gmail.com) or phone Mrs Linda Anslow on 07811 411700. Or you can write to her at:

Friends Shops Limited, Queen Mary's Hospital, Frog Lane Avenue, Sidcup, DA14 6LT