

## HOW ELSE WE COULD HELP?

### SUPPORTING YOU AT HOME

A helping hand to rebuild confidence, our volunteer is there to take you to a favourite club, help with a shopping trip or just drop in for a cuppa - whatever it takes to make your day.

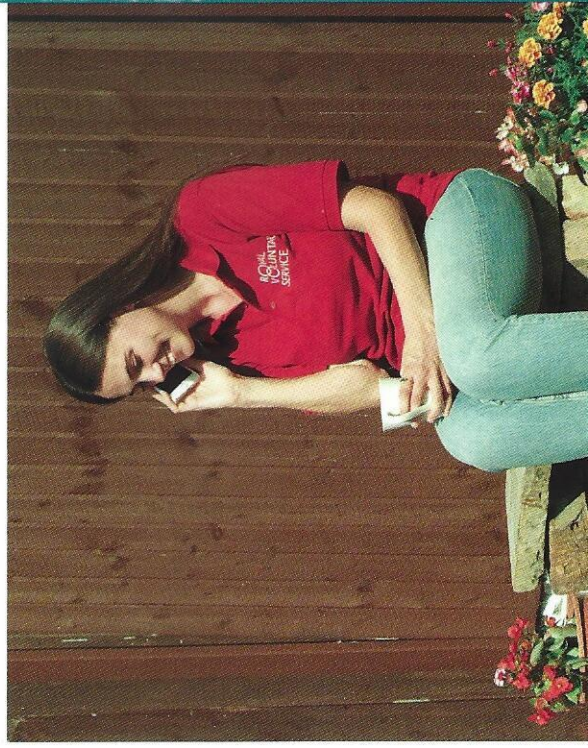
### SUPPORTING YOUR RECOVERY

From on the ward to back at home, even everyday tasks can seem a challenge when you're recovering. Our volunteers provide a helping hand while you get back on your feet.

### SUPPORTING HAPPY HEALTHY LIVES

We offer personal support and a range of social activities, to help you get the most out of life.

**WITH FRIENDLY HELP, FREELY GIVEN, OUR ROYAL VOLUNTARY SERVICE VOLUNTEERS ENJOY SHARING THEIR TIME TO GIVE SUPPORT AND COMPANIONSHIP.**







## GET IN TOUCH

Could our Supporting Your Recovery service help you or someone you know? Or could you be one of our volunteers? If so, please get in touch with us:

**Royal Voluntary Service**  
Sandhurst Road  
Milford Haven  
SA72 3JJ.

Telephone us on **07585 997 091** or email us on **pembshub@royalvoluntaryservice.org.uk**

For more information, to make a donation or to find out about volunteering, please visit our website or our social media channels:

-  [royalvoluntaryservice.org.uk](http://royalvoluntaryservice.org.uk)
-  [royalvoluntaryservice](https://www.facebook.com/royalvoluntaryservice)
-  [@RoyalVolService](https://twitter.com/RoyalVolService)
-  [royalvolservice](https://www.instagram.com/royalvolservice)

**ROYAL  
VOLUNTARY  
SERVICE**

Volunteers do not replace carers and are never asked to provide personal care. Royal Voluntary Service is a registered charity 1015988 (England and Wales) & SC038924 (Scotland) and is a limited company registered in England and Wales with company number 2520413. All statistics and data correct at time of publication.  
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**ROYAL  
VOLUNTARY  
SERVICE**

**WE'LL GIVE  
you a lift**



**Community Transport**

**HELPING YOU GET OUT AND ABOUT**