

Volunteering FAQs

When Can I Volunteer?

Most of our volunteering opportunities happen **Monday to Friday, between 9 AM and 3 PM.**

This is when we're out and about in the community, attending events, visiting services, and gathering feedback. If you're available during these hours, we'd love to hear from you!

What if I don't think I have enough time to volunteer?

Our volunteering is flexible, and we only ask that you volunteer at least one day a month.

Who Can Volunteer?

We welcome volunteers from all backgrounds. You don't need any previous experience — just a passion for improving health and social care.

To join us, you must:

- **Be 16 or older**
- **Live in Birmingham or Solihull**
- **Be committed to making a positive impact**
- **Be open to learning — full training and support are provided**

What can I offer? / What skills do you need?

We need people who are passionate about improving health and social care, and able to listen to other people's experiences.

What do I need to think about before I decide to volunteer?

Are you a good listener? Do you enjoy speaking with the public?

What type of things are available to do?

Our volunteers attend community events and help with research studies.

What can I expect?

You will be out at varied events across Birmingham or Solihull speaking with the local community. You can choose which events you would like to help at.

What are the benefits to volunteers?

You will be helping to improve health and social care for your local community, learning new skills, meeting people and gaining valuable experience.

Will I get expenses paid for travel, drinks, lunch?

Our volunteers can claim back reasonable expenses within limits detailed in the volunteer handbook.

What training and support will I get?

All our volunteers have access to virtual learning, as well as regular training sessions throughout the year.

How do I become a volunteer?

You can apply at volunteering@healthwatchbsol.org.uk or on our [online volunteer portal](#). You can also call 0800 652 5278 to request a paper application.

Is the application process complicated? Can I get help with this?

You can fill in an application form or apply online. Please contact volunteering@healthwatchbsol.org.uk if you require any help with applying.

What if my question isn't answered here?

Please contact volunteering@healthwatchbsol.org.uk or 07960 124 286.