

HOW WE CAN SUPPORT YOUR RECOVERY?

A welcome home pack

We'll gather together some food essentials to get you started, a list of key contact details in case you need to call for help or advice, and some useful tips on nutrition and staying well hydrated

A safe and well check

We'll make sure all is well with your home before you go back to it – checking it's warm enough, and looking out for any potential risks such as places you could fall.

Finding the right support

If there are other kinds of support you might find useful as you settle in, we'll help you find it, putting you in touch with local organisations.

Working with you

It's very much up to you to decide what kind of help you'd like from us, so we'll work with you to agree a plan up front.

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 contact us at your local Royal Voluntary Service:

Royal Voluntary Service

30 Kinnoull Causeway

Perth

PH2 8HQ

01738 633 975

perthsupportingyou@royalvoluntaryservice.org.uk

For more information, to make a donation or to find out about volunteering, please visit:

royalvoluntaryservice.org.uk

 royalvoluntaryservice.org.uk

 [royalvoluntaryservice](https://www.facebook.com/royalvoluntaryservice)

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ROYAL
VOLUNTARY
SERVICE

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SUPPORTING YOUR RECOVERY

FROM ON THE WARD
TO BACK AT HOME



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**I DON'T KNOW
WHAT I WOULD'VE
DONE WITHOUT
ROYAL VOLUNTARY
SERVICE AND
VANESSA. THEY
SORTED ME OUT.**

Alan | Service User, Leicester



COMING HOME? WE'LL PUT THE KETTLE ON

It's lovely to be back in your own home, but after a spell in hospital it can be daunting too. Even everyday tasks can seem a challenge. That's when our volunteers can offer just the help you need while you get back on your feet. Whether it's practical things like accompanying you to the shops or collecting prescriptions, or simply being there for reassurance while you regain your independence.

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

Our thousands of volunteers are very different kinds of people from many walks of life, but they all agree that volunteering is hugely rewarding. They undergo the proper checks and carry ID so you can be sure they're genuine and trustworthy.



For more information, to make a donation or to find out about volunteering, please call **01738 633 975** or visit **royalvoluntaryservice.org.uk**