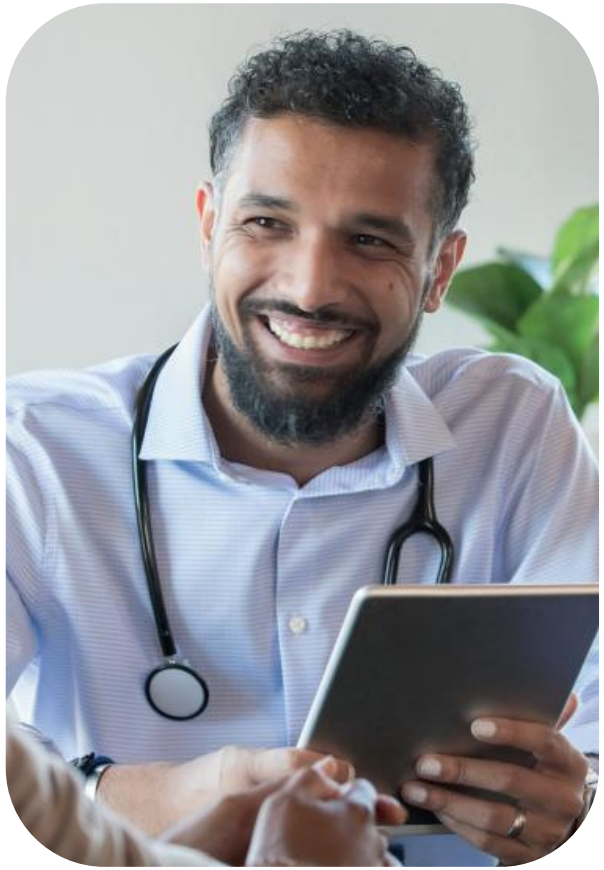
Volunteer Catch-up

Monday 16 November 2026



Meet the team



Zinny Dobrzanska
Volunteer Manager
zdobrzanska@rmbf.org / 020 8545 9948



Janice de Bourgues
Fundraising Manager
jdeBourgues@rmbf.org / 020 8545 9947



Catherine Kiernan
Fundraising Officer
ckiernan@rmbf.org / 020 8545 9946

Overview

- Volunteer Engagement
- Volunteer Support
- Fundraising updates – Catherine and Janice
- Communications update
- Volunteer Voice
- How you can help
- Questions

RMBF Volunteer programme

109 RMBF volunteers

75 RMBF student volunteers

27 Guild Supporters

138 Aspiring Medical Students



RMBF Student Volunteers

Since the start of August, **32** students have taken a positive step towards volunteering, either by **attending an introductory call, or beginning their volunteering** with the RMBF.



RMBF Student Volunteers

Reaching new medical schools:

Exeter

Norwich

St Mary's

Lancaster

Cambridge



RMBF

Med School Top Tips

from the RMBF



Real experiences and practical advice from our student volunteers.

For students who have recently started medical school.

Wednesday 25th November 2026
6pm – 6.45pm

What you'll hear

- Top tips for making the most of first year
- A genuine insight into volunteering with the RMBF
- Honest reflections on life as a medical student
- Skills, confidence and connections gained through volunteering

To book your space email

info@rmbf.org

by Monday 23rd November

Come along and hear from students who've been there.

Inspire Others to Get Involved

RMBF
Here for doctors

1. Identify potential volunteers

- Identify 2–3 medical colleagues
- Prioritise doctors with established networks

2. Make a personal introduction

- Share why you volunteer for RMBF
- Send an email, WhatsApp message or LinkedIn post
- Ask them to personally invite colleagues to find out more

3. Make it easy to get involved

- Emphasise the flexible nature of the role
- Offer to introduce directly to Zinny



Volunteer Impact

- Information stands
- Fundraising events
- University outreach
- Volunteer recruitment
- Promotion of Aspiring Medical Student programme







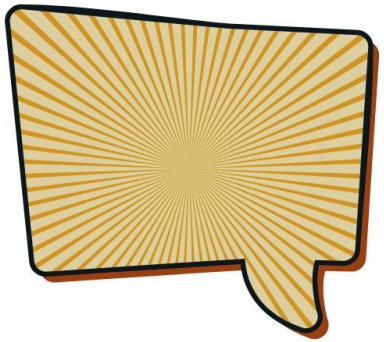


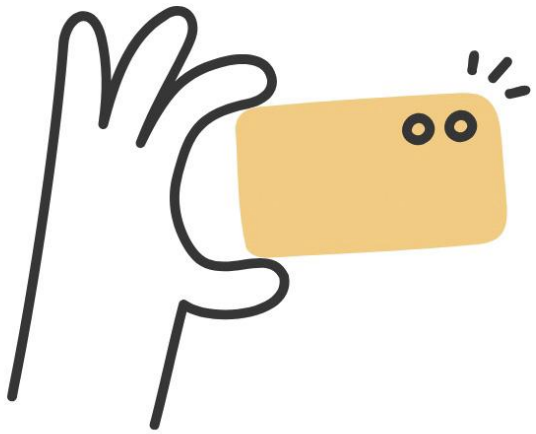
Volunteer Impact

RMBF
Here for doctors

Tell us

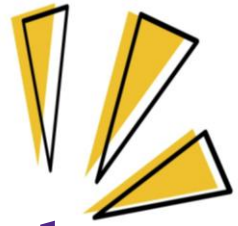
What have you been up to?





Show us

Take a few snaps!



Celebrate your impact

Your updates help us report, celebrate and inspire.

AGM 2026

RMBF
Here for doctors



Volunteer Experience Survey 2026

RMBF
Here for doctors

100%

of those who answered

Would recommend volunteering with the RMBF

84%

Overall satisfaction

Satisfied or very satisfied with their volunteer experience

94%

Future commitment

Plan to continue volunteering next year

93%

Feeling valued

Agree or strongly agree that they feel valued as volunteers

Volunteer Experience Survey 2026

RMBF
Here for doctors

Barriers to volunteering more often

56% Study commitments

50% Lack of time

Communication preferences

100%

prefer email

Most popular frequency

monthly or fortnightly

Volunteer Experience Survey 2026

Volunteering at the RMBF means...

“Helping those who help others”

“I love that I get the opportunity to help spread awareness for the RMBF and thereby help others find the support they need.”

“Providing for a community, my community- the field of medicine and offering opportunities to people from various backgrounds”

“Standing together with fellow medical students, doctors, and their families”

“Despite my medical issues I am recognised”

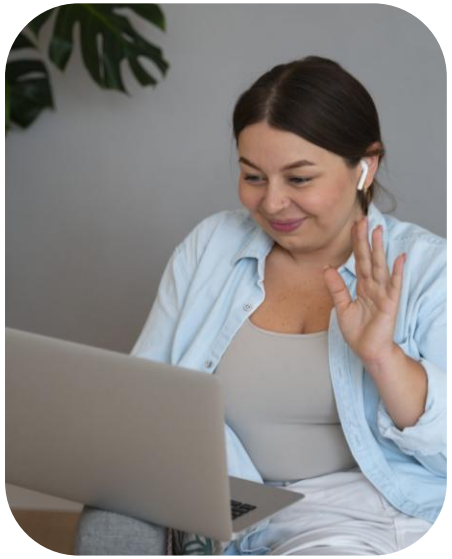
“Inward satisfaction and being a member of the greatest club on earth”

“Selfless service to the cause of doctors that need help and are in difficulty.”

“To the doctors who gave me hope when I was young, I now have an opportunity to give back!”

Talking Therapies for doctors

- Partnership between the RMBF and workplace mental health specialists, Rightsteps
- Doctors can access confidential, independent and high-quality mental health support
- Support tailored to the realities of medical practice
- Variety of approaches including Integrative Therapy, Person-Centred Therapy, and Cognitive Behavioural Therapy
- Not currently available to students

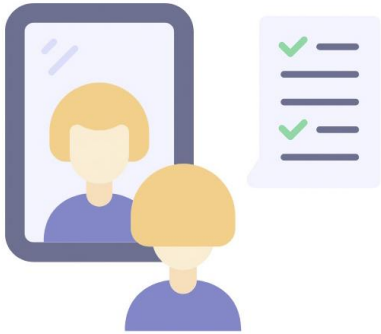


Talking Therapies for doctors

RMBF
Here for doctors

Self Assessment Tool

- This assessment is not intended to replace a consultation with a GP or a mental health care professional.
- Helps the individual better understand how they are feeling
- Helps individual decide whether to look for more support and information
- Results include some personalised advice and links to useful information to help an individual take action on their health and wellbeing.
- All data is securely stored and scores won’t be shared with anyone.



Talking Therapies for doctors

RMBF
Here for doctors

- Flexible format which works around demanding schedules via telephone or video call
- Subsidised cost of £40 per session
- Able to access support within 5 days of assessment
- Doesn't have to focus on work related issues



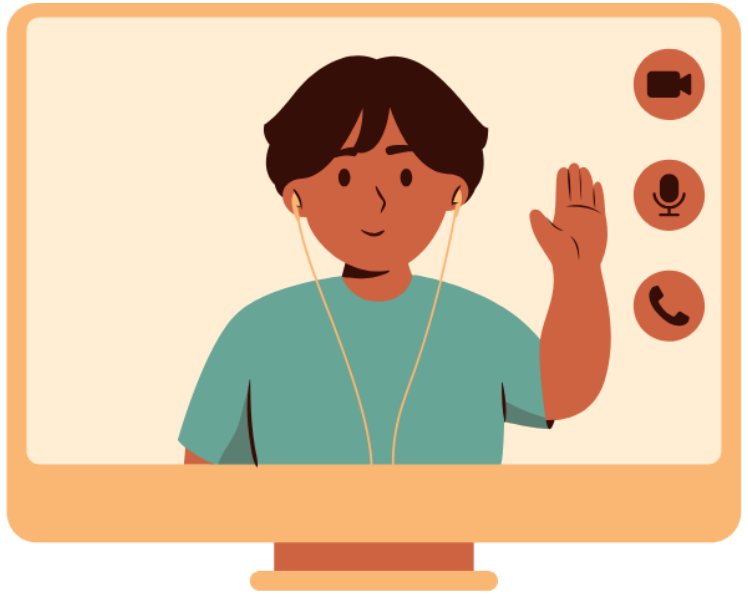
How can you help?

- **Raise awareness of Talking Therapies with your networks**
- **Share with your colleagues and via social media**

rmbf.org/talking-therapies

Volunteer Voice

- Celebrate volunteer contributions and achievements.
- Share ideas and learning across our volunteer community.
- Strengthen connections and engagement between volunteers.
- Give volunteers a platform to showcase their experiences and perspectives.



Make your move!

If you are a student volunteer

- Share the **Med School Top Tips from the RMBF** event information with first year student forums.
- Consider signing up if you have recently started medical school.



Make your move!

RMBF
Here for doctors

For all volunteers

- Inspire others to get involved
- Keep us in the loop
- Send us some snaps!
- Promote our Talking Therapies service and new online tool

