RMBF Online Volunteer Catch-up summary

Monday 16th November 2026

New staff

- Janice de Bourgues, Fundraising Manager.

Volunteer engagement

- We currently have 109 active RMBF Volunteers, 75 active RMBF student volunteers, 27 active Guild Supporters and 138 Aspiring Medical Students.
- Since August, 32 medical students have either attended an introductory call or begun volunteering.
- We have seen our reach extend to new universities including Cambridge, Norwich, Lancaster, Exeter and St Mary's London.

Volunteer recruitment

- Volunteers are asked to **promote the upcoming "Med School Top Tips from the RMBF" online event (25 November)** by sharing it with first-year medical students through their own networks – here is the Med School Top Tips event flyer, including event details and RSVP information
- Volunteers are encouraged to **help recruit new volunteers** by identifying suitable contacts within their networks, sharing their own volunteering experiences, highlighting the flexibility of the role, and introducing interested individuals to Zinny – see **slide 8**
- Volunteer identified **monthly hospital-based teaching sessions as a valuable opportunity** to raise awareness of the RMBF, promote available support and engage potential new volunteers.

Volunteer activity

- Volunteers are making a real difference across the UK, including information stands, fundraising events, university outreach, volunteer recruitment and recent promotion of Aspiring Medical Student event.
- **Volunteers were asked to keep the RMBF updated on their activities**, events, fundraising, with photos, feedback, and success stories so that volunteer impact can be measured, celebrated, and shared more widely – see **slide 10**

RMBF events – Recent

- Provided an update on the RMBF Annual General Meeting in September, which reflected on the charity's achievements and future plans, and included a panel discussion on domestic abuse within the medical profession.

Annual Volunteer Experience Survey – see **slides 12 - 14**

- Shared key findings from the volunteer survey, including time and study commitments as the main barriers to volunteering and a preference for regular email communication. In response, the RMBF will introduce clearer volunteering opportunities and enhanced resources, such as a regular volunteer newsletter to better support volunteers.

Fundraising updates from Catherine and Janice

- Provided an update on the recent "Behind the Scenes: Becoming a Doctor" webinar, thanking speakers Rebecca, Amir and Grace and volunteers for their support. The event attracted 220 attendees, generated 14 new fundraising sign-ups, and resulted in over 420 e-bulletin subscriptions.
- Thanked Belfast Guild for hosting a fundraising quiz on 12 November.
- Recognised and thanked volunteers for supporting fundraising activities at Ulster University, Warwick University and UCL.
- Promoted the upcoming "Miles for Mental Health" challenge (January-March) and encouraged **volunteers to take part or support fundraising efforts**.
- Volunteers were thanked for their input during the Legacy Box development phase and updated that 186 Legacy Boxes have been ordered since launch.

Communications update – Talking Therapies for Doctors – see **slides 15 - 17**

  - Recapped our recently launched Talking Therapies service for GMC registered doctors, in partnership with workplace mental health specialists Rightsteps.
  - Not currently available to students (with exception if student in receipt of an RMBF grant – then we review case-by-case) but may be able to extend offer in future.
  - The service is completely confidential - no reports to employer or the GMC.
  - Available via telephone or online, subsidised cost £40 session, access to support within 5 days, doesn't have to focus on work related issues.
  - **Highlighted the launch of a new confidential self-assessment tool** to help doctors better understand their mental health and wellbeing, receive personalised guidance and signposting to further support, and identify potential next steps.
  - Asked volunteers **to raise awareness of the service and new tool** within their networks.

Volunteer Voice

- Thank you to RMBF Student Volunteer Olivia who was our first Volunteer Voice speaker. She shared about her involvement with the RMBF AGM last year speaking about challenges facing medical students and also shared her motivations for volunteering.

Make your move! - see **slides 19 - 20**

- **Student volunteers:**
  - Share the Med School Top Tips from the RMBF event information with any forums for first year students.
  - Also consider signing up to the event if you have recently started medical school.
- **All volunteers:**
  - Inspire others to get involved, especially as RMBF Volunteers.
  - Share your activity and photos with us to help us celebrate and showcase the impact you are making.
  - Spread the word about our Talking Therapies Service and new online tool.

Thank you for reading!