

## Suggested Social Media Schedule – National Volunteer Week Campaign (18–31 May 2026)

Week	Date Range	Tile to Use	Post Focus	Suggested wording
<b>Week 1 – National Volunteer Week</b>				
Week 1 – Post 1	18–20 May	Companion Volunteer – Tile A	Introduce Companion role (hospice/unit)	Companion Volunteers offer presence, conversation, and gentle support for people receiving palliative care. A small amount of time can make a meaningful difference. #PalliativeCareVolunteering
Week 1 – Post 2	20–22 May	Biography Volunteer – Tile A	Introduce Biography role (Style 1)	Biography Volunteers help people record their stories and reflections, creating a treasured keepsake for families. #PalliativeCareVolunteering
Week 1 – Post 3	22–24 May	Become a Palliative Care Volunteer – Tile A	General awareness + explore volunteering	There are many ways to support people receiving palliative care. Explore volunteer roles and find what feels right for you. #PalliativeCareVolunteering
<b>Week 2 – Extended Week</b>				
Week 2 – Post 1	25–27 May	Companion Volunteer – Tile B	Companion role (home/community)	A chat or shared moment can bring comfort and connection. Companion Volunteers support people at home and in the community. #PalliativeCareVolunteering
Week 2 – Post 2	27–29 May	Biography Volunteer – Tile B	Biography role (Style 2)	Everyone has a story worth preserving. Biography Volunteers help people reflect and share what matters most. #PalliativeCareVolunteering
Week 2 – Post 3	29–31 May	Become a Palliative Care Volunteer – Tile B	General awareness + final call	Interested in supporting people, families, and carers? Palliative care volunteering offers connection and purpose. Learn more today. #PalliativeCareVolunteering