

A GUIDE TO LOCAL VOLUNTEERING OPPORTUNITIES



Here are some of the real opportunities that are available in the Falkirk area. We've got something to suit pretty much everybody. Please have a look at the list and then get in touch with us so that we can discuss in more detail some of the opportunities available right now which might suit you, your skills, experience and availability. You can call us on **01324 692000** or e-mail us at info@cvsfalkirk.org.uk.

OPPORTUNITIES FOR VOLUNTEERING IN THE FALKIRK AREA

Last updated: MAY 2017

RECYCLING VOLUNTEER

Re-Union Canal Boats and Keep Scotland Beautiful Climate Challenge Fund will be delivering activities on and off the water to educate all on the impact of climate change, promote ways to reduce local carbon emissions including plans to get us all cycling, recycle and re-use waste, reducing fly tipping, compost our food waste and improve our local environment for the benefit of generations to come.

FORTH AND CLYDE CANAL **VARIOUS HRS** **Minimum Age: 18** **Expenses can be claimed**

ACTIVITIES VOLUNTEER

This opportunity consists of arranging and participating in sports and activities for the youth. This opportunity also requires planning, development of projects and completing short written reports to display the work and activities that the youth group have been taking part in.

FALKIRK **WEDNESDAY AFTERNOON** **Minimum Age:18** **Expenses can be claimed**

ATHLETICS OFFICIATING VOLUNTEER

Athletics volunteers are the people who make competition possible for athletes – timing, measuring, organising and overseeing events. As a volunteer, you will enjoy the satisfaction of helping athletes of all ages develop and the excitement of seeing them excel at competitions around Scotland and beyond. You can experience teamwork, camaraderie, and grow your expertise in a particular discipline that interests you - including track, field, and starter/marksman.

GRANGEMOUTH **FRIDAY/SATURDAY** **Minimum Age: 16** **Expenses cannot be claimed**

WALK LEADER

This is a lovely group to work with and as a volunteer you will have to be fit. Mums pushing buggies are fast. New mums often feel isolated and overwhelmed by the responsibility and challenges of looking after their new arrival and perhaps feels unable to cope - we are looking for someone who will understand this. Mums meet once a week for a 40 minute walk. After the walk the group usually go back to a Health Centre or Playgroup for refreshments and a chat.

LARBERT, BONNYBRIDGE, POLMONT **MONDAY - FRIDAY** **Minimum Age: 18** **Expenses cannot be claimed**

FOOTCARE SPECIALIST

Forth Valley Top Toes provides a volunteer based personal footcare service for people over 50years. Volunteers are trained by NHS Forth Valley to perform a basic foot health check and to cut and file toenails. Training will be through formal sessions and a period of shadowing a podiatrist.

FALKIRK

MINIMUM 3 HOURS PER WEEK

Minimum Age: 18

Expenses **can** be claimed

VOLUNTEER MARSHAL

Volunteers are required on a weekly basis to assist in the marshalling of the course and encourage all participants to do their best. Lots of choice from marshalling to being timekeeper. At Kids fun run we are looking for people to encourage kids in a positive manner on the route and as they finish their own run. There are a number of marshal points on both courses that require people to ensure participants are following the course correctly as well as encouraging them as they go. Marshals are asked to be friendly and supportive at all times.

HELIX

SUNDAY 9AM – 10AM

Minimum Age: 14

Expenses **cannot** be claimed

CREDIT UNION COLLECTOR

To support the local credit union and work as part of a team fulfilling a variety of roles including cash handling and reconciliation, data inputting, helping customers and dealing with enquiries as well as the general running of the Credit Union. Volunteers will gain experience of working with finance, credit control and cash handling. They will also benefit from working as part of a team and be able to assist in dealing with enquiries.

VARIOUS

2 HRS PER WEEK (FLEXIBLE)

Minimum Age: 16

Expenses **can** be claimed

BIKE MAINTENANCE VOLUNTEER

Re-Union Canal Boats in Falkirk is a charity bringing people together to develop their skills, learn from one another and realise their potential whilst maintaining and promoting the canal as a remarkable asset for the community. We are looking for Bike Mentoring and Maintenance Volunteers, who will get involved in looking after our bikes and supporting others to learn bike skills

FALKIRK

MONDAY - FRIDAY

Minimum Age: 18

Expenses **can** be claimed

OTHER TYPES OF VOLUNTEERING OPPORTUNITIES WHICH MIGHT BE AVAILABLE LOCALLY

Board Members

Board member volunteers jointly oversee the activities of a company or organisation and take responsibility for making decisions to develop and sustain the company or organisation.

Driving

Volunteer drivers assist many different organisations that provide transport to clients who attend different services. This may include hospitals, lunch clubs, activity groups or attending specific outings. Some organisations ask that you use your own car, and reimburse your expenses, whereas in others you would drive their vehicles including mini-buses and vans.

Environment/Conservation

Several organisations that operate within the Falkirk area share concerns about the environment. Volunteer tasks vary greatly from practical conservation work to research and administration.

Older People

There are several organisations that provide services for older people, some with the frail, elderly or dementia sufferers. Some require a big commitment whilst others want just a few hours each month.

Young People

Many local youth groups and clubs seek energetic, enthusiastic volunteers who can help out with regular activities and events.. Particular interests may include sport, music, arts, young peoples' rights or computing.

For an up-to-date list of most of our opportunities, please visit: www.cvsfalkirk.org.uk