

CVS Falkirk

The Third Sector Interface for Falkirk and District



Volunteering



This is a list of some of the real opportunities that are available in the Falkirk area. Some may not be available by the time you read this or by the time you are ready to volunteer, but they should give you a good **example** of the kinds of opportunities that exist locally. 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.

Volunteer Driver

Forth Valley Sensory Centre is recruiting volunteer drivers. The drivers will collect centre users from their homes and assisting them to get into the centre. This may involve guiding people with a visual impairment but full training will be given for role. Centre users will be attending a group that take place in the Sensory Centre so you can stay for the group or go back after a couple of hours for the return journey. Volunteer drivers will be required to use their own vehicle.

This opportunity takes place throughout Falkirk.

Volunteer Coach

Volunteers are required to support Forth Valley Flyers coaching athletes. At first you would be shadowing an experienced coach (mentor) and learning from them. Sessions would be planned by your mentor with you helping to deliver to the athletes, who are mostly aged 9 – 20 years (though there are also adult members). Main club nights are Tuesday and Thursday but other nights are available. If you can only give one night per week they will fit this opportunity your existing commitments.

This opportunity takes place in Grangemouth.

Personal Footcare Volunteer

Forth Valley Top Toes is recruiting personal footcare volunteers. The project aims to support the work of NHS podiatry services, allowing them to focus on quality care for those who really need it. Good footcare can reduce the risk of falls and improve health and wellbeing among vulnerable older people. The volunteers will be trained by NHS Forth Valley to perform a basic foot health check and to cut and file toenails.

This opportunity takes place throughout Falkirk.

Refugee Support Volunteer

Rainbow Muslim Women's Group is looking for dual language speaking volunteers in Arabic and English. Volunteers will keep in contact with the families offering them support. The life of a refugee can be very isolating, a volunteer will allow the women to build their confidence and help integrate them in the community.

This opportunity takes place in Falkirk.

Board Volunteer

Home-Start Falkirk West are looking to recruit a Chairperson for their board.

They are looking for someone with time that can drive the organisation forward, with skills from a business background. Home-Start supports

vulnerable families in their own homes maintaining the dignity and confidentiality of the parents.

This opportunity takes place in Denny.

Shop Volunteer

Marie Curie are looking for volunteers to join their team. You will have the chance to greet the public, learn new skills and keep the window up to date with different looks. The opportunity will provide retail training of on till systems, stock sorting and rotation. You will have the chance to greet the public and learn new skills. The opportunity can be adjusted to suit the needs of the volunteers.

This opportunity takes place in Bo'ness.

Fundraising Volunteer

Falkirk District Association for Mental Health (FDAMH) is looking for volunteers to be involved with activities and make a real difference to what they do. Volunteers will assist the Business & Community Engagement Officer in the planning, organising, promoting and execution of fundraising events. The aim of the team is to look at all aspects of fundraising, therefore as a fundraising volunteer you will help shape the events they offer.

This opportunity takes place throughout Falkirk.

Get Out Get Active Volunteer

Forth Valley Disability Sport are seeking self-motivated volunteers to joint their new GOGA ("Get Out Get Active") project. This new project will focus on getting girls and women with disabilities more active through physical activity and sport, focusing on walking, cycling and swimming. Volunteers will train to be a walk leader, cycle leader, swimming coach or an event volunteer. Full training, equipment and clothing are supplied free of charge through Forth Valley Disability Sport. Volunteers are subject to full disclosure check.

This opportunity takes place throughout Forth Valley.

Hospital Volunteer

The Royal Voluntary Service are currently looking for volunteers for their onward service. This involves going into the ward and interacting with patients, playing games, chatting, café visits , and overall making the patient's stay that bit more enjoyable. Some of the patients have been in the hospital for long periods and a visit from a volunteer means a lot to them.

This opportunity takes place in Falkirk.

Fundraiser Volunteer

The Polar Academy is a charity which transforms "invisible" young people into true role models in their community, by completing an intensive year of physical training, ending with an expedition to the Arctic. Upon their return, each participant is tasked with inspiring a minimum of 3000 of their peers to work with the charity's founder, Craig Mathieson. You will be responsible for seeking out all forms of fundraising opportunities and completing the necessary documentation.

This opportunity takes place throughout Falkirk.

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