



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**](mailto:info@cvsfalkirk.org.uk).

Walk Leader

As a walk leader you will lead a safe, enjoyable walk for about an hour. The course will let you know the benefits of walking, risk assessment, simple health questionnaire paper work and how to lead a good walk. This will be your walk and it would be good to have some local knowledge of the area. Volunteers will be asked to do a day's training with the organisation.

This opportunity takes place in Bo'ness, Camelon and Falkirk.

Jobseeker Support

Jobseeker support volunteers are people with career and life experience, from the local community who give their time to add value to the support we offer jobseekers. As a Jobseeker support volunteer, you can help our jobseekers build their confidence and share your knowledge of applying for jobs, sustaining work, performing well at interview or skills that help with this process such as good communication or basic IT.

This opportunity takes place in Bo'ness, Camelon and Falkirk.

Community DIY Volunteer

Do you enjoy standing back and looking a job well done? Or find nothing more satisfying than the paint drying on the locks gates and canal side furniture? If you are good with a brush, fancy yourself as Picasso, have an eye for detail and want to help maintain the beauty of our historic monument, then Re-Union Canal Boats want to hear from you. The task involves rubbing down and restoring the canal side furniture between lock 3 and 20 on the Forth and Clyde Canal.

This opportunity takes place in Camelon.

Reception Volunteer

The reception volunteer will help to ensure the smooth running of appointments and provide a welcoming and understanding reception service for people attending and phoning in. With experience in administration, the volunteer's time will be used constructively in providing administrative support to the projects when not engaged with people using the centre.

This opportunity takes place in Falkirk.

Athletics Coach

Volunteer coaches are required for an athletics club. 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 athletes, who are mostly aged 9 – 20 years (though the club also has adult members). You can try this role for a few months to see if you enjoy it first. If you do, then you can commence formal coaching qualifications, where you would attend courses/workshops while still learning from your mentor.

This opportunity takes place in Grangemouth.

History Leader

An organisation are seeking a keen historian to share their knowledge of the Forth and Clyde Canal as part of the development of volunteers as canal ambassadors. You will deliver short workshops either in a classroom or outdoor environment to small groups of volunteers from the local area.

This opportunity takes throughout Camelon.

Buggy Walk Leader

Volunteers are required to lead walks with a group of mums. New mums often feel isolated and overwhelmed by the responsibility and challenges of looking after their new arrival and perhaps feels unable to cope - they are looking for someone who will understand this. The mums meet once a week for a 40 minute walk, there is a Health Visitor there to answer any questions or worries that the mums may have. After the walk the group usually go back to a Health Centre or Playgroup for tea and a chat.

This opportunity takes place in Falkirk and is open to those over 18 years old.

Housing Owl Volunteers

A Housing Owl volunteer is a diverse role and you'll not be expected to know it all. You will not be providing any advice, only telling people about relevant organisations, sharing what works for other people and giving out leaflets. Your main aim will be giving people the confidence to deal with their financial affairs. You will be offered training by Falkirk Council and Outside the Box.

This opportunity takes place throughout Falkirk.

Helix Ambassador

As a volunteer ambassador you could be part of bringing the best customer experience to the visitors of The Helix, home of the Kelpies. This is an outdoor public facing role, where you would be expected to proactively assist people in the park. You will receive training and support from The Helix team. It is important that visitors know all the different aspects they can enjoy whilst at The Helix park. You will be representing The Helix, your town and, for visitors from abroad, your country.

This opportunity takes place in Falkirk and is open to those over 16 years old.

Personal Footcare

This organisation are providing a volunteer based personal footcare service for older and disabled people. This 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. Volunteers will be 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.

This opportunity takes place throughout Falkirk.

Listening Volunteer

An organisation are looking for listening volunteers. Offering an opportunity for a safe and confidential space to explore the client's options before going through with a pregnancy termination. Training would be given. The services cover are generic counselling, bereavement listening support, pregnancy crisis support based at a local hospital, supervision to pastors and bereavement support at two prisons.

This opportunity takes place in Larbert.

Warehouse Volunteer

A charity is opening a central warehouse in Falkirk to store, sort and organise all donated stock. Stock will be collected from 14 charity shops and brought to the warehouse to be sorted and hung on rails ready to deliver back to the shops when they require specific type of clothing.

This opportunity takes place in Falkirk.

Driver

An organisation are looking for a volunteer drivers to help ensure that their leaflet are displayed at locations around the Falkirk area, making it easier for potential clients to find out about and access the service. They are looking for someone to spend a couple of hours every 2 weeks replenishing leaflet stock in known display areas and sourcing new display areas.

This opportunity takes throughout Forth Valley.

On Ward Visitor

The organisation are currently looking for volunteers for their on ward service. This involves going into the ward and interacting with patients, playing games, chatting, café visits – on a whole making the patient stay that bit more enjoyable.

This opportunity takes place in Falkirk.

Admin Assistant

Volunteers are needed to provide admin assistance for the family visitor centre (family hub/bus) at HMYOI Polmont . Duties will include filing, photocopying, updating the database, spreadsheets etc. plus any additional admin duties.

This opportunity takes place in Polmont.

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