

LOCAL VOLUNTEERING OPPORTUNITIES



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 email us at info@cvsfalkirk.org.uk

VOLUNTEER OPPORTUNITIES IN THE FALKIRK AREA FEBRUARY 2019

Personal Footcare Volunteers (Forth Valley Top Toes)

Forth Valley Top Toes provides 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 need it. Good footcare can reduce the risk of falls and improve health and wellbeing among vulnerable 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.

Falkirk and Alloa	9am – 1pm or 1pm – 5pm, Monday – Friday	MINIMUM AGE: 18	Expenses can be claimed
--------------------------	---	-----------------	-------------------------

Community Cooking Volunteers (Forth Environment Link)

Community cooking sessions will be taking across the Falkirk area in different community settings, supporting people who are not confident cooks in learning new skills and new approaches to food. Volunteers' role will be to support the Community Food Officer with the running of the sessions. This will involve helping to set up and clear down sessions, but the main role will be helping to monitor the participants to ensure that everyone is making progress and engaging with the cooking session.

Falkirk	Varied hours and days	MINIMUM AGE: 16	Expenses can be claimed
----------------	-----------------------	-----------------	-------------------------

Toddler Group Volunteer (Bounce Higher)

Bounce Higher is a children and family support programme, working as part of the wider social outreach from St Andrews Church, Bo'ness. An opportunity has arisen to join their team of volunteers to assist in the running of the toddlers group. The groups run twice a week on a Wednesday and Friday morning, providing a place for parents and caregivers to meet with their children in a supportive and friendly environment.

Bo'ness	Wednesdays 9:30am – 12pm, and Fridays 10am – 1pm	MINIMUM AGE: 18	Expenses can be claimed
----------------	---	-----------------	----------------------------

Tutor Assistant ESOL (English for Speakers of Other Languages) (Falkirk Council Children's Services CLD)

After initial training, volunteers will be matched into a group at a time, day and place to suit them. There will be a group tutor who will have overall responsibility for the group and possibly one or more other volunteer tutor assistants. The aim of the groups is to help learners develop their English language skills depending on their needs and goals. Each learner has a goal that they are working towards, such as finding a job, helping their children with school, passing an exam, or visiting the doctor without a translator.

Falkirk	2 hours per week, for a minimum of 2 terms	MINIMUM AGE: 18	Expenses can be claimed
----------------	--	-----------------	----------------------------

Care Words Volunteer (Falkirk Community Trust)

Care Words sessions take place within day care and residential care settings used by older adults. These 90 minute sessions encourage people to come together in a group setting to reminisce, chat and explore various themes of interest. There will be a variety of resources available for these sessions such as texts, books, prose, large print, audiobooks and reminiscence boxes. Resources will be issued out on a group ticket and can be collected by volunteers prior to the planned sessions and returned shortly afterwards.

Falkirk	1.5 hours per month, flexible to suit volunteer	MINIMUM AGE: 17	Expenses can be claimed
----------------	---	-----------------	----------------------------

For an up-to-date list of most of our opportunities, please visit:

www.volunteerscotland.org.uk

Silent Film Festival Volunteer (Hippodrome Cinema)

HippFest is one of Scotland's most prestigious and popular film festivals, happening in Scotland's oldest purpose-built cinema: the Hippodrome, Bo'ness. Renowned for its warm welcome, inclusive atmosphere and community engagement, the festival attracts fans of cinema and live music and has an unrivalled reputation in the UK for screening an exciting programme of international silent films, accompanied by a dazzling line-up of new and established musicians and performers.

Bo'ness	Flexible	MINIMUM AGE: 18	Expenses can be claimed
----------------	----------	-----------------	-------------------------

Dating Service Volunteer (Enable Scotland)

This opportunity aims to allow volunteers to gain experience in working with adults who have a learning disability and make a real difference to members. The volunteering role may involve assisting with educational groups, providing a chaperone or support to members, or helping with planning and office tasks.

Falkirk	Flexible	MINIMUM AGE: 18	Expenses can be claimed
----------------	----------	-----------------	-------------------------

Easter Programme and Lunch Club Volunteers (Kersiebank Community Project)

Kersiebank Community Project is looking for volunteers to help make up food parcels and to give out parcels to those that attend the foodbank, across various activities:

Easter programme: They require volunteers to help with the running and supervising of the programme. Protection for Vulnerable Groups (PVG) is preferred but not essential. The role will involve helping with the children, playing, and talking along with helping service breakfast, lunch and afternoon snacks.

Lunch Club: Volunteers will help with room set up, giving out parcels, and talking to people who come in, making them feel welcome.

Grangemouth	Tuesdays and Wednesdays, 10am – 2pm	MINIMUM AGE: 18	Expenses can be claimed
--------------------	-------------------------------------	-----------------	-------------------------

Civilian Instructor/Adult Volunteer (470 (Falkirk) Squadron: Air Training Corps)

A local Uniformed Group are seeking an Instructor to help support and develop the group members. It would be preferred if volunteers had gliding or flying experience, but this is non-essential, and all training can be provided by the group. The only essential skills or experience is a strong motivation, the ability to work with young people and some basic admin skills.

Falkirk	Tuesday and Friday evenings	MINIMUM AGE: 21	Expenses cannot be claimed
----------------	-----------------------------	-----------------	----------------------------

Helix Event Volunteer: Roadie (Falkirk Community Trust)

This opportunity is ideal for gig lovers or sound technicians. Based at the Helix, volunteers would be tasked with assisting in the setup and dismantling of equipment for events, which can be added to CVs as actual practical experience, or for working with a smaller local band. There may occasionally be work during the event, but in most cases, volunteers are free to enjoy the event they have helped create. Events can vary, allowing volunteers the freedom to choose which they would like to help with.

Falkirk	Varied	MINIMUM AGE: 16	Expenses: Unknown
----------------	--------	-----------------	-------------------

Social Media Assistant (Falkirk Credit Union)

This group are looking for volunteers to help develop and raise their online presence, which will involve social media streams, website development and the creation of an online newsletter. The group itself provides a widely-used service across Falkirk and this opportunity would allow you to aid in this support.

Falkirk	Thursday evenings	MINIMUM AGE: 16	Expenses can be claimed
----------------	-------------------	-----------------	-------------------------

Radio Royal Volunteer (Royal Radio)

This is an opportunity for anyone looking at developing their multimedia skillset. The group are in need of volunteers to help with tasks ranging from presenting to programming, IT to engineering, with an opportunity for anyone.

Larbert	Tuesday and Thursday nights	MINIMUM AGE: 16	Expenses cannot be claimed
----------------	-----------------------------	-----------------	----------------------------

Athletics Volunteer Coach/Helper (Forth Valley Flyers)

This opportunity would start with the volunteer shadowing an experienced coach and learning from them. Sessions would be planned with this coach, and volunteers would aide in delivery. This can be setup as a trial period and if enjoyed by the volunteer, formal training can be delivered. All training costs are met by the club. PVG certification is required.

Grangemouth	Friday Evenings	MINIMUM AGE: 14	Expenses Unknown
--------------------	-----------------	-----------------	------------------

For an up-to-date list of most of our opportunities, please visit:

www.volunteerscotland.org.uk

www.cvsfalkirk.org.uk | 01324 692 000 | info@cvsfalkirk.org.uk | @CVSFalkirk

CVS Falkirk & District is a Company Limited by Guarantee in Scotland No. SC085838 |
Scottish Charity No. SC000312 | Registered office: Unit 6, Callendar Business Park,
Callendar Road, Falkirk, FK1 1XR