

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

## VOLUNTEER OPPORTUNITIES IN THE FALKIRK AREA July 2018

### Personal Footcare Volunteers

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.

<b>Falkirk</b>	9am – 1pm or 2pm – 5pm, Monday – Friday	MINIMUM AGE: 18	Expenses can be claimed
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### Telephone Volunteers

British Heart Foundation Falkirk are looking for telephone volunteers to deal with customer queries. Volunteer duties involve arranging collections of donated items, processing online bookings, and introducing to Gift Aid to customers.

<b>Falkirk</b>	Flexible volunteering hours and days	MINIMUM AGE: 16	Expenses can be claimed
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### Arts and Craft Volunteer

Headway are looking for an arts and crafts volunteer. Headway uses arts and crafts as therapy for people affected by brain injuries or strokes. They are looking for an enthusiastic individual to help set up a programme of activities for their attendees. They enjoy painting and card making and would like a volunteer to help support the group.

<b>Stenhousemuir</b>	Monthly, as required	MINIMUM AGE: 18	Expenses can be claimed
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### Driver Volunteer

Forth Valley Sensory Centre is recruiting volunteer drivers. The drivers will collect attendees from their homes and assist them getting into the centre. This may involve guiding people with a visual impairment, but full training will be given for the role. Attendees will be attending a group that take place in the Sensory Centre, so volunteers 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. A minimum 6 months' commitment is required.

<b>Falkirk</b>	Monday, Wednesday, Thursday 2 hours per fortnight	MINIMUM AGE: 17	Expenses can be claimed
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### Fundraising Committee Volunteers

Falkirk and District Association for Mental Health (FDAMH) are looking for fundraising committee volunteers to be involved with activities and make a difference to what they do. Volunteer duties will include assisting the Business and Community Engagement Officer in the planning, organising, promoting and execution of fundraising and information events. Volunteers will also assist the Officer in putting together a fundraising policy and schedule, collecting funds on behalf of the charity and looking after the collection tins. They will also attend committee meetings and act as an ambassador for FDAMH. Volunteers will comply with legal requirements relevant to the role, and liaise with the Officer to keep up to date with FDAMH's activities and future direction.

<b>Falkirk</b>	Flexible hours Flexible days	MINIMUM AGE: 16	Expenses can be claimed
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### Shop Assistant Volunteers

Marie Curie are looking for shop assistant volunteers to join their team. Volunteers 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, including till systems, stock sorting and rotation, and can be adjusted to suit the needs of the volunteers.

<b>Bo'ness</b>	Weekly Monday – Saturday	MINIMUM AGE: 16	Expenses: Unknown
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### Home-Start Falkirk West Volunteers (Home Visiting)

Home-Start Falkirk West is looking for parents to join their group of home visiting volunteers. Volunteers will support vulnerable families in their homes, maintaining the dignity and confidentiality of the parents, and help families cope with the pressures they might face, making a difference to the lives of parents and children. Volunteers will have the opportunity to develop new skills and gain new experiences to add to their CV.

<b>Denny</b>	2 – 3 hours per week	MINIMUM AGE: 18	Expenses can be claimed
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For an up-to-date list of most of our opportunities, please visit: [www.volunteerscotland.org.uk](http://www.volunteerscotland.org.uk)

## Money Owls Volunteers

Money Owls is a peer support project run by Outside the Box, looking for Money Owls Volunteers. These volunteers are people over 50 years old who spend time chatting with others about money at regular pop-up events throughout Falkirk. Volunteers will not be providing any advice, but telling people about relevant organisations, sharing what has worked for others and giving out leaflets. Their main aim is to give people the confidence to deal with their financial affairs. Volunteers will be trained by Grangemouth Citizens Advice Bureau (CAB), to give them the confidence to talk to people about money and a broad understanding of what issues people may have.

<b>Nationally</b>	As required	MINIMUM AGE: 50	Expenses can be claimed
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## Mother and Toddler Crèche Volunteers

Tamfourhill Community Hall is looking for mother and toddler crèche volunteers to work alongside and support the community hall committee and parents of the toddler group. Volunteer duties include preparing and setting up for the activities for the weekly session, such as preparing snacks, handling money and being involved with children's play activities indoors and outside. The session will be 2 hours long, and parents will stay with their children.

<b>Falkirk</b>	Tuesdays, 11:30am – 2:30pm	MINIMUM AGE: 18	Expenses: Unknown
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## Lifeguard Volunteers

Heart to Heart are looking for Lifeguard volunteers, whose role is to make a difference to young people (aged 8 – 18 years old) struggling with their emotional response to family breakdown. The support includes 6 one to one meetings in a public place, like a school or a cafe. Lifeguards are trained to deliver simple coping tools to the young person so they can learn how to express their feelings in more constructive ways. These are based on Cognitive Behavioural Therapy (CBT), which helps the young person think more positively about their life. This gives the Lifeguards and the young person new skills to increase their confidence, manage their feelings and prevent severe mental health issues from developing.

<b>Denny</b>	2 – 3 hours per week	MINIMUM AGE: 18 MAXIMUM AGE: 25	Expenses can be claimed
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## Visitor Services - Museum Assistant Volunteers

The Scottish Railway Preservation Society are looking for Museum Assistant Volunteers. The museum is open from April until the end of October. Volunteer duties involve welcoming visitors and ensuring that neither the collection nor its visitors comes to harm. Detailed guidance and training on every aspect of the role is provided. Volunteers required once a week for a couple of hours.

<b>Bo'ness</b>	April – October	MINIMUM AGE: 18	Expenses cannot be claimed
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