



'Tis the Season!

A special Health & Social Care themed Hotlist to acknowledge just some of caring organisations in Moray who deliver incredible programmes and services and also a HUGE thank you to all volunteers who give the gift of their time.

Christmas Day Volunteers, A Moray Community Christmas

Roths, Christmas Day



Moray Community Christmas wants to make sure no one spends Christmas Day alone. We are looking for volunteers who can help on the big day with welcoming guests, catering preparation, cooking and serving the food. This event will take place in the Grant Hall, Roths on Christmas Day, and younger ages are welcomed as long as they come along with a parent or guardian.

Child Contact Centre Volunteer, Avenue

Elgin, Saturdays



Child Contact Centre volunteers encourage families to feel at ease and take responsibility for escorting children between resident parents and contact parent or grandparent where the parents do not wish to meet each other. Volunteers support children and parents in maintaining and building positive relationships with each other but they do not offer advice or counselling to families. The contact session may happen in the centre or it may consist of a 'handover', when the child may go out with the contact parent and return to the centre later. The centre opens every Saturday afternoon.

Volunteer Buddies, Circles Advocacy

Elgin, Monday and Thursday



Circles Advocacy in Moray supports people who are experiencing issues relating to Health and Social Care. We work with a wide range of people including those who suffer from mental health issues, long term health conditions and disability.

We have volunteers who help out in the office and we have two volunteers who need some extra support while they are with us. One has cerebral palsy and the other has autism and epilepsy, there is no personal care involved, they just need a friendly caring buddy to help them with any difficulties they might have in the office.

If you would like to volunteer in advocacy and help a fellow volunteer, then please get in touch.

For all volunteering enquiries, please contact;

volunteer@tsimoray.org.uk

01343 541713

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Support Volunteer, CLAN Cancer

Moray –wide 3hrs weekly



CLAN Cancer Support offers clients a range of practical and emotional support at our Support & Wellbeing Centres across the North East, including Moray. Support volunteers currently help a wide range of people affected by cancer, including clients, carers and other family members, by offering a listening ear or by working alongside them to address support or wellbeing concerns. CLAN Support Volunteers are a key point of contact for clients. Support is given either in person or on the telephone. Some locations also run group support sessions where support volunteers are required to help the groups. Volunteers are asked to make a minimum 3 hour per week commitment. Times are flexible and sessions are available in Forres, Buckie, Lossie and Elgin.

Moray Walk Leaders

Buckie, Cullen

We are looking for welcoming and enthusiastic volunteer(s) to lead short health walks in Cullen and Buckie, that happen to take in some simply stunning scenery! Becoming a volunteer walk leader requires a commitment of an hour or so of your time weekly (there is room for flexible dates!) and to sometimes complete a small amount of preparation & paper work for the walk. Health walks encourage people who have not exercised for a while, find walking boring, or lack confidence to join a walking group because they think they will not be able to keep up. Walks are free, short, low intensity, safe and social and are usually followed by a cup of tea or coffee and a chat! Volunteer walk leaders receive training and on-going support from the Health Walk co-ordinator, too. If you are a people person, like to walk and the outdoors please get in touch.

Peer Support Volunteer, Riverside Church

Buckie



Volunteers are being sought to help Riverside Christian Church provide peer support to members of the community with life issues, dependency or addiction using an approach that remains true to our faith. Whilst there is no formal interview, due to the nature of this role, volunteers must be suitable for the benefit of all.

Singing Group Volunteers, Alzheimer Scotland

Keith, 10th December



Alzheimer Scotland are looking for volunteers in the Keith area for a monthly singing group on 10th December. Sessions take place at the small hall in the Longmorn Hall, Keith, from 2pm-3:30pm.

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Moray Food Plus Volunteer

Elgin



Without the dedication of our volunteers, we could not run our services and support so many people in Moray. Usually volunteers volunteer a couple of hours a day, 1 or 2 days per week but we also accommodate you if you only want to volunteer now and again. Opportunities include making up food referrals, sorting food, stacking shelves, helping at collection drives, driving, helping at our lunch club and other community meals, and public speaking. Hours available between 9am and 12pm Monday to Friday.

Event Organisers, Diabetes UK Moray Group



Moray Diabetes UK Group needs new volunteers. For many years we have been supporting people living with diabetes and those who care for them, raising funds for research, raising awareness of diabetes and campaigning for better local services

We need folk who could help organise monthly local meetings and or events or head up some fundraising, or just generally lend a hand to the group. No experience is necessary but a basic knowledge of diabetes would be helpful. Full, friendly support for volunteers is available both locally and nationally.

Volunteer IT Support - AbilityNet

Moray-wide



AbilityNet are looking for volunteers to join their ITCanHelp network to support individuals with disabilities. Volunteers will visit people in their own homes to help with their computer needs; whether that being to set-up a new computer system for someone, install software or hardware, troubleshoot problems or even help to change a printer cartridge, or give some basic training on how to use computers/software. Volunteers may also be asked to help with remote IT support.

Footcare Volunteer, Moray Handyperson's Service

Moray wide

Moray Handyperson Service operates a toenail trimming service for older people who find this task difficult. This is not a medical service but a common sense approach to basic foot care. Generally clients would be over 50, and unable to trim/ file their own nails through reasons of frailty, difficulty bending, poor eyesight or problems with dexterity. Clients would be treated every 8 weeks approximately. All volunteers are fully trained and are supported and coached by NHS Podiatry staff.

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Befriender, Cornerstone

Moray wide



Cornerstone offer a "matching" service when it comes to this type of volunteering. We have opportunities across the whole of Scotland where you can get involved and make a big difference to the lives of the people we support through befriending. Let us know your interests and availability (even a couple of hours once a fortnight will make a big difference) and we will match you to someone who could use your company within your community. If you are patient, understanding and are motivated to volunteer then please get in touch.

Mentor – Aberlour Youth Point

Elgin based



Volunteer mentors with Aberlour Youth Point provide one to one/group support for young people who are experiencing a range of difficulties in their lives. As a mentor, you will assist young people in solving problems, resolving conflict and making informed choices. You will help young people explore achievements and interests which offer motivation. You can also be involved in facilitating group activities such as music/arts and crafts. Full induction and role specific training is given including ongoing training opportunities. Volunteers must be one year clean of any problematic drug/alcohol misuse.

First Time for Everything Volunteer

Elgin, monthly/twice monthly on Tuesday's 2pm-4pm



The First Time for Everything service gets groups of older people together and gives them the opportunity to try out an activity that they may never have tried, or even thought about trying before. These activities aim to keep older people active and social. Volunteers are required to meet and greet participants, assist with admin/signing-in sheets/surveys. Support participants to take part in the activity if required and help serve tea/coffee refreshments.

Listening Volunteers

Elgin



Listening volunteers are always needed to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. We ask you to give us a minimum of a 4hr duty per week, as well as a 4 hour night duty at monthly intervals. There are no qualifications required but an open mind is essential. You can also apply to help with administration or other non-listening support.

Tea Party Host (Contact the Elderly)

Moray wide



On Sunday afternoons once a month, across Moray, Re-engage (Contact the Elderly) groups meet for tea and companionship. These groups are a lifeline of friendship for isolated older people. Volunteers host a tea party -- providing a warm welcome, a friendly atmosphere and a simple afternoon tea with sandwiches and a few cakes for the older guests. You only have to do this once or twice a year! Hosts need a downstairs toilet, few or no steps and seating for 5 or more older people (many hosts use a mix of hard and soft chairs). Over time, this group of volunteers and older guests get to know each other well and together they spend many Sunday afternoons full of fun and laughter, sharing stories over cake and cups of tea. Hosts in Forres and Elgin would be particularly helpful just now.

Social Buddies

Moray wide



Health and Social Care Moray's Buddy scheme provides a wide variety of volunteering roles to help reduce social isolation for those who are vulnerable aged 18 to 100+. The aim is to keep people connected to their local communities and in some cases reconnected to activities previously enjoyed. Health and Social Care Moray deal with requests covering the whole of the Moray area and currently support 105 volunteer buddies aged 16 to 90. This service is in high demand having received over 1200 requests for volunteers in just over 7 years. Could you volunteer to help with us? Please check out website www.moray.gov.uk/volunteering or contact us by email on volunteering.CC@moray.gov.uk

Online Peer Support Volunteer

Homebased



As an Online Peer Support Volunteer, you will provide email support on a one-to-one basis to young people with an eating disorder, aged between 12-25 years old. All of our Online Peer Support Volunteers have recovered from their own eating disorder and are aged between 18-35 years old. You will be trained in how to offer support and guidance, as well as how to manage boundaries. All contact will be moderated by Beat staff as everyone's safety is our priority.

The service will require you to commit to 1-2 hours per week, comprising of sending 1-3 emails within this time frame. The maximum length of time someone can receive this support is one year, however we would welcome your commitment in supporting others over the duration of this contract.

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Community Alarm Responders

Moray wide



Alarm responders are a vital lifeline for people across Moray who do not have family, friends or neighbours close by to check on their well-being if the alarm is pressed. Volunteers attend to call outs and remain with the person until help arrives if required. This volunteer service is very much about remaining calm and providing reassurance. We currently support 50 volunteer alarm responders. Please check out website www.moray.gov.uk/volunteering or contact us by email on volunteering.CC@moray.gov.uk

Rehabilitation Volunteers

Moray Wide



As a Rehabilitation Support Volunteer you will make a real difference to someone's communication, confidence and life. In this role you may choose to work in one or more of the following settings;

Hospital one to one: working with people who have had a stroke and are still in hospital. This involves activities to help the person work on their communication skills e.g. reading a newspaper; conversations about family and friends; discussing hobbies and interests. It usually involves 1 - 2 hours per week, in the hospital setting.

Community one to one: working with people who have had a stroke and are now back home. People may feel socially isolated after a stroke - they might not be able to participate in their usual activities or have lost confidence because their speech has been affected. The volunteer would usually meet the person for about 1 hour per week to provide them with the opportunity to work on their communication goals. This might involve trying out communication skills in community settings such as banks, shops or cafes. The sessions usually run for around 12 weeks.

All our volunteers are provided with training on how communication can be affected by a stroke and on strategies that can support communication. They will be given ideas and suggestions for suitable activities either by the speech and language therapist or the local CHSS Rehabilitation Co-ordinator.

Hospital Ward Volunteer

Dr. Gray's Hospital, Elgin



Royal Voluntary Service volunteers can support people on the hospital wards through the engagement in conversation, reading, and help out either lunchtime or teatime, to provide fresh drinking water, juice, coffee, tea to patients. The company and chat for the patients is important. Volunteers will liaise with the volunteer co-ordinator or the ward nursing supervisor regarding the practical support. Full training provided.

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Volunteers Helping Families, Step by Step

Forres & Elgin

Step by Step in Moray is a charity which supports families who feel isolated or vulnerable. We help them to develop friendships, confidence and skills which will enhance their lives and enable them to give their children the best start in life. Step relies on a dedicated team of volunteers who support our staff to provide a relaxed, caring and attentive service to the parents and children who attend our sessions. Our volunteers bring a wealth of experience, life skills and knowledge from their various backgrounds. They provide a non-judgemental listening ear which enables parents to develop trust, which helps to build confidence in an emotionally safe environment. We welcome applications from interested individuals who'd like to join our team and contribute their skills and experience to helping families.

Relief Reception Volunteers – The Oaks

Afternoons 1-4.30pm, Elgin

The Oaks Specialist Palliative Care Unit provides care for individuals aged 18 years old and upwards living in Moray with cancer and non-malignant conditions.

We aim to offer quality life enhancing care by providing specialist nursing, physiotherapy, occupational therapy, nutrition advice, as well as spiritual and financial support.

Supported by the Volunteer Co-ordinator, volunteers work in the day centre, in areas including reception. We are in need of volunteers to help cover our afternoons in reception. Reception duties include - answering the telephone, photocopying and admin support. We ask volunteers to make a commitment of at least six months but the afternoon of your choice. We also ask volunteers have not experienced a close bereavement in the last two years.

Embroidery Volunteer



Elgin Moray Reach Out offers a quality embroidery service with a difference providing excellent quality goods whilst delivering a successful training programme for people with learning disabilities. Moray Reach Out's Embroidery & Fine Gifts is a social enterprise and one of three Moray Reach Out projects, which offers adults with learning disabilities and individuals recovering from health issues a supportive and safe working environment.

Moray Reach Out's Embroidery and Fine Gifts Shop in Elgin is looking for volunteers to help support their project. If you have knowledge of needlework, embroidery or craft work, and would enjoy sharing your skill with our trainees, then please get in touch. We are a friendly and welcoming team and look forward to hearing from you.

Group Facilitator/Drivers

Moray Wide



We are looking for more awesome volunteers to expand our team of group facilitators and drivers for our Moray-based social groups! The 'Connect Include Support' project aims to reduce isolation and loneliness in people over 65 who have a significant sight or hearing impairment. We do this by supporting social groups in Forres, Elgin, Keith and Buckie, which provide our service users with the opportunity for friendship, activity and support.

Volunteers can help facilitate at a group of their choice. You might be needed to guide someone on an outing, to describe the cake selection, or assist someone to take part in a game of floor curling: every session is different. If you're a natural leader, you may eventually want to take on responsibility for running a group, or you may be someone who prefers a quieter role to be getting on with. Volunteers are well supported. Roles solely based on driving or escorting on bus transport may also be available. Full induction and sensory Awareness training are provided.

Peer Connector

Moray wide



Be part of the Moray Well Being Hub as a Peer Connector. Volunteer Peer Connectors aim to harness life experiences in self-management and recovery to better connect, inspire and support community members as part of an integrated partnership approach in Moray.

What would I be doing?

- Peer-mentoring: Meet a person who is feeling less empowered for an informal recovery focused chat shared peer experiences to increase hope.
- Walk alongside: Accompany someone to a group, service or activity that you already use or would also like to attend.
- Local support and partnership: Link up with a local team of other Peer Connectors to resource, connect and partner widely with services and groups.

Volunteer Peer Connectors are being sought in the Forres area, Elgin & Lossiemouth, Speyside, Buckie & Cullen.

Not seen anything you fancy?

Check out our brand new tsiMORAY website which has information on 100's of Volunteering Opportunities across Moray! Find us at; www.tsimoray.org.uk/volunteering

Or, pop in for a chat and a cup of tea, or contact us using the details below.

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