

*"The best way to find yourself is to lose yourself in the service of others." - Gandhi*

### **North East Sensory Services Group Support Volunteer**

*Groups across Moray, 2.5hrs fortnightly*

North East Sensory Services run a Connect Inform Support (CIS) project for older people with visual and/or hearing impairments, who often report feeling isolated. CIS run social groups across Moray, providing an opportunity to get out, meet others and have a bit of fun while helping to reduce loneliness and improve mental well-being.

A wide-range of activities, including talks, musical entertainment and outings are organised and supported by our enthusiastic and committed volunteers. Activities are designed so that everyone can participate regardless of their sensory loss.

We are currently looking for more volunteers to help facilitate our groups in Moray. The time commitment is 2.5 hours per fortnight, although those who would like to take a more leading role can offer further time to the co-ordination of activities. Driver/escort roles are also available and all volunteer costs are reimbursed.

### **Moray Diabetes UK Support Group**

*Moray, days/times tbc*

For many years, this local group has been supporting people who live with diabetes and those who care for them. They raise funds and awareness, and campaign for better local services for diabetics and their families. They are in real need of volunteers to keep this group going. Could you help at local meetings or local events or fundraise if that's of interest? You don't have to have experience but a knowledge of diabetes would be helpful. All volunteers are supported by a friendly team! Please get in touch if can spare even a couple of hours!

### **Be part of the team at Elgin Town Hall**

*Elgin, various days/times*

Running a multi-purpose community venue like ETH is no simple task, so we rely on volunteers to be able to keep the doors open. We already have a fantastic team of volunteers but we're looking for more. If you are interested in helping us out in your spare time (it doesn't have to be often!) then please get in touch.

Whether it's event staff, bartender work, fundraising, cleaning, day to day running or any other way you can help us, we're keen to hear from you!

For all volunteering enquiries, please contact;

**[volunteer@tsimoray.org.uk](mailto:volunteer@tsimoray.org.uk)**

**01343 541713**

[www.tsimoray.org.uk](http://www.tsimoray.org.uk)

*Working with you to create  
a better Moray*

Company No: SC416994 Scottish Charity No: SC042954

### **Garden Maintenance Volunteer**

*Elgin, days/times tbc*

Could you help look after the garden at The Oaks? This would involve a bit of fence painting, tidying the garden, giving the benches a spruce up, making the trellises look great etc.

Our garden maintenance volunteer helps to make sure the garden furniture is ready to go and looks its best. The Oaks is a palliative day care unit in Elgin and the garden is well- used and well loved by all who come to the centre.

### **Beautician Volunteer**

*Elgin, various days/times tbc*

The Oaks palliative care unit in Elgin are looking for a Beautician to spare a few hours every few weeks to carry out beauty treatments to cancer and other progressive illness patients. This is a lovely treat for the patients who love to feel special during difficult times.

### **Day Unit Volunteer**

*Elgin, various days/times tbc*

We are looking for a volunteer to assist with staff with patients during arrival and departure from The Oaks palliative care unit in Elgin. To assist staff with patient drinks and meals and the associated kitchen duties, and to assist staff with general tasks relating to the smooth running of activities within the unit.

### **Summer Weeding Evenings**

*Elgin, Tuesday Evenings, June-August*

Would you enjoy light weeding and general tidying in Elgin's Biblical Gardens? There are jobs to suit everyone. The Friends of the Biblical Gardens and Moray Rock Garden Club invite folk to come along starting on June 18<sup>th</sup> and throughout July and August starting at 6pm. Come when you can and meet new people or find a quiet spot in the garden to yourself... Free cake and tea!

## **Pet Foster Carer**

*Home based, various days/times*

Big hearted animal lovers are required to become volunteer Pet Foster Carers and provide a temporary home from home for pets whose owners are experiencing an emergency situation. PFSS provides short-term, emergency foster care for pets whose owners could be facing ill health, temporary homelessness, domestic abuse etc.

## **Veterans Community Support Worker**

*Community based, various days/times tbc*

Volunteers are essential to Legion Scotland's ability to support veterans in the community. We are currently recruiting volunteers to enable us to deliver the new 'Veterans Community Support Service'.

Trained and supported volunteers will be 'matched' with Armed Forces veterans and then provide a befriending relationship in the community – this could take the form of a regular social visit to relieve isolation and loneliness, or else to provide assistance with more specific issues at other times – training and support are provided and volunteers will be PVG checked prior to contact with clients. Minimum age 18.

Community based – volunteers could meet clients in their homes (risk assessments and lone working policies are carried out as part of our service); or meet at café's or other public places. A volunteer might also support a client to attend a regular group or event.

## **Lighthouse Volunteers**

*Covesea Lighthouse, various days/times tbc*

An amazing place to volunteer! Help this landmark and heritage centre take pride of place in community life by volunteering at Covesea Lighthouse. They are looking for volunteers for a variety of roles including volunteer guides, help at the adjoining RAF Heritage Centre, grounds maintenance and fundraising.

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### **My Guide Volunteer**

*Local to you, 2-3hrs per week*

This is a wonderful volunteer opportunity if you have 2-3 hours a week spare to help support someone in our local community who has sight loss.

In the role you will be trained in how to safely guide someone with sight loss and discuss the emotional and physical barriers they may come across to give you a greater understanding of the support they need. You would be matched with one person local to you and you will help them get out their home and do a particular activity they are unable to do on their own.

### **Help at Home Volunteer – Moray Handypersons Service**

*Moray, various days/times tbc*

This opportunity is about providing assistance to vulnerable people in Moray through a 'Help at Home' service. People coming out of hospital, feeling unwell, recovering from illness or just generally needing help on a short term basis. The service needs are driven by the client; jobs could include for example; animal care (including dog walking), laundry, changing beds, shopping, etc. Minimum age 18.

The volunteer first makes a brief assessment to ensure the job is as described and it is safe for them to proceed. Once the job has been carried out, there is usually opportunity to chat with the client to determine if they are well or need support in any other areas. This befriending provides the added value that sets the MHPS apart from a paid professional doing the work.

### **Shop Volunteer**

*Buckie, various days/times*

Our aim is to serve every customer with a smile, and to make sure everyone that visits us has a great experience. We're always aware that every penny raised in our little shop goes straight to helping someone in crisis. Typical tasks include; serving customers, taking cash and proving good all-round customer service, unpacking and pricing stock, working on window and shop displays, keeping the shop tidy, clean and well organised, interacting with the general public.

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### **Volunteer Buddy – Circles Advocacy**

*Elgin, days/times tbc*

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, Dementia, chronic illness, physical disability, learning disability, autistic spectrum disorders or acquired brain injury.

Advocacy involves enabling, speaking up for and standing alongside people who may not be heard and supporting them to express their views and make their own decisions and contributions while remaining in control of their own Health and Social Care.

To provide this service 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. Minimum age 18.

### **Active Schools Volunteer**

*Moray, various days/times tbc*

Active Schools Moray provides opportunities for children to participate in school sport and activities. Our aim is to get all children in Moray active, in and out of school, so that it benefits their health, confidence, and social skills.

We need volunteers to help us deliver some of our sessions in both primary and secondary schools. Sessions can include a variety of sport and activity -- from badminton to football, from dodge ball to trampolining, from netball to table tennis, from general fitness training to skipping - there is a lot on offer for young people. Volunteers can choose to help at a lunch time, or after school, or even during school holidays. You can give as little as 45 minutes a week.

### **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](http://www.tsimoray.org.uk/volunteering)

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

# #VolunteersWeekScot



## Volunteers Week 1<sup>st</sup> June - 7<sup>th</sup> June



Get involved on social media!

### **SATURDAY AND SUNDAY 1<sup>st</sup>-2<sup>nd</sup> JUNE**

'How are you celebrating?' – send us your pics on social media and we'll share them!

### **MONDAY 3<sup>rd</sup> JUNE**

Launch party on Twitter.

### **TUESDAY 4<sup>th</sup> JUNE**

Corporate/skilled volunteering day.  
Volunteering Manager Twitter chat in the evening.

### **WEDNESDAY 5<sup>th</sup> JUNE**

A twitter focus on Young people and Social Action!

### **THURSDAY 6<sup>th</sup> JUNE**

Wellbeing and impact day.

### **FRIDAY 7<sup>th</sup> JUNE**

Share with us on social media how you have been celebrating this week!

**Please use the hashtag to share your news and stories locally and nationally!**

**#volunteersweekscot #morayvolunteers**