

*'When the big things feel out of control, focus on what you love right under your nose'.  
– Charlie Mackesy*

## Drivers Needed

Moray & Grampian



THInC

THInC are currently recruiting volunteers to help transport patients home from hospital to support NHS Grampian and the Scottish Ambulance Service. Full training, risk assessment and reimbursement of any costs is provided to volunteers. All help makes a real difference and is greatly appreciated. Contact us if you can help!

## Perinatal Wellbeing Peer Buddy

Moray



Children 1st

Peer Buddies are matched with mums to offer practical and emotional support, and are there for mums and their families in pregnancy or, until their baby is one year old. Offering a listening ear and supportive relationship helps build positive relationships between parents and their baby. Accessing activities in the community, going for a walk, or talking over a cuppa are some of the ways in which a Peer Buddy can make a real difference for parents and their babies. Let us know if you can help.

## Group Facilitators

Moray



R-evolution  
Development for Good

Group Facilitator volunteers are required to deliver group work and one to one coaching with male perpetrators of domestic abuse. This is a great opportunity to widen your skills and training working within the field of domestic abuse. The 10-week training course is free to successful applicants, in return candidates are asked to commit to a minimum of 30 volunteer hours with Revolution for Good over one year. If you would like more information or to apply, please get in touch by 5<sup>th</sup> March.

For all volunteering enquiries, please contact;

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

01343 541713

*Working with you to create  
a better Moray*

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

Company No: SC416994

Scottish Charity No: SC042954

## Walk Leaders

*Moray*



Scotland Versus Arthritis is looking for individuals willing to lead short health walks in Moray, lead on other physical activities, or facilitate virtual support groups. Full training and on-going support will be available. Expressions of interest from anyone keen to become an instructor of Tai Chi or Qi Gong for arthritis is also welcome! The current Covid restrictions have meant that for many the wait for treatment may be a year or more away. Painkilling prescriptions are seldom more than a temporary relief. Support and exercise can however offer a better way to self-manage the daily on-going pain and fatigue. Contact us if you can spare a few hours each month to help.

## Treasurer to the Board

*Moray*



Moray Rape Crisis is looking to fulfill the volunteer role of treasurer and is keen to hear from people who have a finance or accounting or business management background and who would like to help and become part of a dedicated and passionate team. Moray Rape Crisis provides free and confidential information, advocacy and support to anyone in Moray (age 11 and over) affected by any form of sexual violence. If you are interested in this role and would like to have a chat and further details, please do get in touch.

## Young Person's Mentor

*Moray*



As a volunteer mentor you will be matched with a young person who you would spend regular time on a 1:1 basis, working towards building a trusting relationship. Mentoring is available online, or volunteers who mentor in person also take part in activities that is of interest to your young person, such as cooking, sports, and crafts. You can also introduce them to new activities to help them learn new skills and develop new interests. Contact us for more information if you are available to become a mentor.

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## Vaccination Centre Volunteers

Forres



To ensure the smooth running of the Vaccination Centre at Mosset Park, Forres, volunteers are being sought to help on the gate, to help with car parking and to manage queues. The centre will be open Monday to Friday 10am till 6pm for vaccinations and the shift pattern for volunteers will be one-hour slots. If you would like to offer your services during the month of February, please contact Sheena MacGillivray with Forres Rotary via email [sheenarotary@gmail.com](mailto:sheenarotary@gmail.com)

## Trustees

Moray



Ecologia Youth Trust is a Findhorn-based charity that supports children and young people who start off life at a disadvantage. In order to take the organisation forward, the Board wishes to recruit up to 4 non-executive trustees who have, between them, connections with mainstream education, international development expertise, financial skills and experience, and fundraising experience with corporate links and local contacts. We welcome and encourage applications from a diversity of ages, gender, and race - young people welcome to apply. For further information, an application pack or to arrange an informal chat, please contact Liz Egan [company.secretary@ecologia.org.uk](mailto:company.secretary@ecologia.org.uk)

## Not seen anything you fancy?



Go to the 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, contact us using the details below for a chat and a virtual cup of tea.

For all volunteering enquiries, please contact;  
[volunteer@tsimoray.org.uk](mailto:volunteer@tsimoray.org.uk)  
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