

VOLUNTEER WITH GIRLGUIDING MORAY*Moray, Flexible*

Girlguiding Moray is looking for positive role models in the shape of unit helpers and assistant helpers to help girl guides build their confidence, have adventures and learn new skills. There is no time commitment, you can get involved every week, help behind the scenes, or at special events.

VOLUNTEER BEFRIENDERS*Moray, Flexible*

As a Volunteer Befriender with Barnardo's, you will be working with young people on a 1:1 basis, offering practical assistance and emotional support, to build their self-confidence, coping mechanisms and positive relationships. Ten passionate individuals are required for this rewarding role.

LISTENING VOLUNTEERS*Moray, 4hrs per week plus 4hrs monthly night duty*

Listening volunteers are there for anyone who needs someone, and provide confidential emotional support by phone, email or text, for people who are experiencing feelings of distress or despair, including those which may lead to suicide. There are no qualifications required and you'll receive full training to prepare you for the kinds of conversations you'll have.

COMMUNITY ALARM RESPONDERS*Moray*

Volunteer alarm responders are needed in the Elgin, Buckie, Dufftown and Forres areas for older and vulnerable people who do not have family or friends living close by to act as their alarm responder and assistance provider. Your main role would be to provide reassurance to the person who activated the alarm. Training will be given to prepare you for all situations.

FIRST AID VOLUNTEER*Moray*

Are you interested in saving lives or training others too? Perhaps interested in a career in the medical profession. At Scotia Medical Group, they are looking for people from the age of 16 upwards to join their new charity in delivering medical treatment at events and working with the local community to create a network of lifesavers across the north of Scotland.

ECHO COACHES*Moray, Weekly*

Echo coaches are volunteers who have cared for someone with an eating disorder and are matched with a parent carer who is currently supporting someone with an eating disorder. You will support the carer over a 6-month period, by having a regular weekly 30-minute phone call. You will receive online training giving you all the skills to become a peer coach.

ADULT VOLUNTEER WITH MORAY DISTRICT SCOUTS

Moray, 2hrs per week



Scouting changes lives by offering young people fun and challenging activities, unique experiences, everyday adventure and the chance to help others in local communities. Volunteers can give as much or as little of their time as they choose. From occasional to flexible roles, from leaders to admin help, from committee members to helpers, there are so many ways to get involved.

VOLUNTEER TELLERS

Buckie & Elgin, 2 to 4hrs per week/fortnight



Moray Firth Credit Union is getting ready to open its outreach service and are looking for people who would like to be part of a team of volunteer tellers. The volunteer teller position is ideal for those who can handle money, who have computer experience, who can exchange pleasantries and who can answer the telephone.

RAILWAY VOLUNTEER

Keith, Tuesday & Saturday



Keith and Dufftown Railway require volunteers for all aspects of the railway including crew, vegetation control, engineering, general maintenance, upholstery etc. You will be given appropriate training as well as a tour around the site. The group meets every Tuesday and Saturday at Dufftown Station.