

Volunteering

Have you ever considered giving some of your free time to do something beneficial for your local community?

Volunteer Opportunities in Skye & Lochalsh

Want a challenge?

Want to learn new skills?

Share your current skills with others?

Need help to move into paid work?

Lots of different reasons to volunteer. This booklet contains current volunteer opportunities available in Skye & Lochalsh



How Skye and Lochalsh CVO can help you?



Help you find a group

With around 200 member community groups all of which involve volunteers, and with access to current volunteer opportunities locally and nationally, we can introduce you to community groups and help you discover your volunteering vibe.



Help you contact your chosen organisations

Once you have decided where you would like to volunteer, we can help you approach the group in the correct manner and help you secure your role.



Support you in your role

We can help you gain the skills, knowledge and understanding to carry out your role as a community group board volunteer. Through one-to-one and group training we support new and existing volunteers in their individual and group development .

If you cannot find what you are looking for in this booklet please contact Samantha-Jo McArthur at SLCVO on volunteerofficer@slcvo.org.uk or phone 01478 612921 to discuss what you would like and we can look into creating a suitable opportunity for you.

Skye & Lochalsh Neighbours and Friends

Volunteer Befrienders

Skye & Lochalsh Neighbours and friends is a volunteer befriending project run by Skye and Lochalsh Council for Voluntary Organisations in partnership with Highland Hospice.

Our aim is to reduce loneliness and isolation experienced by people in Skye and Lochalsh by providing a regular volunteer befriending visit in a person's home environment.

Do you have 2 to 3 hours a fortnight to spare?

Would you like to make a difference to a persons life?

Skye & Lochalsh CVO are looking for people over the age of 18 to join our volunteer team. Previous experience is not required as full training and continual support is provided.

To find out more about volunteering contact, Project Co-ordinator ,Samantha-Jo McArthur 01478 612 921 or volunteerofficer@slcvo.org.uk

SKYE & LOCHALSH
NEIGHBOURS AND FRIENDS
*connecting people and communities
through befriending volunteering*

Skye and
Lochalsh CVO

Working with
Highland
Hospice 

Step It Up Highland

Volunteer Walk Leader



Step It Up Highland (SIUH) would like a presence in Skye to motivate and encourage their walk leaders in their volunteering roles.

Walk Leader Role

This is a great volunteering opportunity for friendly, outgoing people with an enthusiasm for walking, the outdoors and a desire to share their passion with others, while accommodating the needs of all members of the group. Volunteers need to be able to commit to a couple of hours to lead walks at the same time each week, usually during the day. SIUH will arrange an initial one day walk leader training course with further training offered at a later stage, and will reimburse expenses. Ongoing support is provided by the scheme Co-ordinator, and new walk leaders are welcomed into our Highland-wide team of volunteers. SIUH will also help in the early stages with setting up a walk group and recruiting walkers for new groups.

There will be many tasks that a volunteer will be asked to perform and Step It Up's aim is that your experience should be both enjoyable and rewarding.

Essential

- Agreeing to work to SIUH guidance and policies which will be reviewed periodically
- Meeting and greeting other volunteers and participants
- Attending suitable training
- Ensuring safety of walking participants and other leaders
- Assessing & recording risks on new routes and during planned walks
- Advising walkers of hazards
- Carrying appropriate equipment
- Taking appropriate emergency action
- Informing PFW/ SIUH of any issues that arise
- Ensuring registers and new walker forms are completed and returned each month

Optional but Desirable

- Attend regional meetings for walk leaders
- Give advice on volunteering roles for walkers and walk leaders
- Promoting SIUH to groups (e.g. GP practices, lunch clubs) and individuals
- Helping to recruit new walkers and walk leaders
- Advising on other exercise, wellbeing and socialising opportunities and how to 'move on' from the group when appropriate

For more information regarding this opportunity please contact Samantha-Jo McArthur volunteerofficer@slcvo.org.uk or 01478 612335

Action for Children

Volunteer mentoring service

**ACTION FOR
CHILDREN**

Action for Children are delivering a needs led volunteer mentoring service for young people aged 8-14 who are subject to home supervision. They know that these young people are often vulnerable, socially isolated or at risk of offending. They aim to match appropriate Volunteer mentors with mentees. Volunteers are subject to enhance disclosure checks and ongoing training and support.

Intandem, Scotland's mentoring programme for young people, brings together vulnerable young people with a mentor to build a consistent and trusting relationship, and improve their chances in life. The Scottish Government has appointed Inspiring Scotland to lead the development of the intandem programme.

Intandem aims to promote the wellbeing of each and every child who is matched with a mentor. The focus in every mentoring relationship will be on developing the child, recognising and building their strengths, and providing support and encouragement to deal with difficult and challenging situations in their lives."

For more information please contact Samantha-Jo McArthur volunteerofficer@slcvo.org.uk or phone 01478 612921

Fertility Network UK

Various Roles



fertilitynetworkuk

Around 1 in 6 couples today have trouble conceiving, which equates to 3.5 million people in the UK. The prospect of facing any kind of fertility problem is very distressing to live with and many people believe that no one else really understands.

Fertility Network UK aim to ensure everyone can access the support they need, to be able to make some sense of how they feel, and hopefully ease that loneliness and isolation on both an emotional and practical level through a variety of ways.

Fertility Network UK can help service users in many different ways including helping them to feel less isolated and lonely through a variety of services they provide. They are looking for volunteers to fill a number of different roles, which are:

- Main Contact Volunteer – for those trying to become parents
- Support Group Volunteer – for those trying to become parents
- Local Contact Volunteer - for those facing the challenges of childlessness
- Media Volunteer
- Student Ambassador
- General Volunteer
- Fundraiser for the Charity

Volunteer roles are not exhaustive and any help and support in any area within the organisation is extremely valuable to the charity.

For more information please contact Samantha-Jo McArthur, volunteerofficer@slcvo.org.uk or phone 01478 612921



Skye & Lochalsh Mental Health Association Furniture Project

Skye & Lochalsh Mental Health Association are looking for drivers to pick up and collect the donated furniture and household goods, which are donated from people who no longer need them and given to people who do. They are also looking for people to help load and unload the van.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk or you can visit their website to receive more information on what they do - <http://www.slmha.co.uk/>

Dyslexia Scotland Skye & Lochalsh Branch Committee Members & Fundraising

All branches are run by volunteers with the support of Dyslexia Scotland's National Development Officer. The branches generally organise meetings open to the public on a variety of subjects around dyslexia. In order to do this, branch committees meet every four to six weeks to plan meetings, these usually take place in the evenings.

Most often 'general committee members' are all that is needed. You do not need to be an expert in dyslexia to be on a committee, you just need to be willing to give a few hours a month to help in any way you can. They would also welcome other roles such as people to help maintain email contacts or update the branches website or Facebook page.

Skye & Lochalsh branch and all Dyslexia Scotland branches are friendly and informal and by giving a little bit of your spare time you can really help them raise their profile, share information and support dyslexia across Scotland.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.



Echo

Peer Coaching Volunteers Needed



What is Echo?

Echo is a Peer Coaching Support Service. It is a free telephone support service that matches skilled volunteer coaches with parent carers who are supporting someone with an eating disorder. Not having someone to talk to regularly about the challenges and frustrations of supporting someone can be lonely and isolating, particularly if you're not able to discuss and share with family and friends. A friendly, weekly, 30-minute chat on the phone can make all the difference; reducing the isolating effects of the illness, whilst empowering you to make a positive difference to your loved ones recovery.

Peer coaching is:

- Trust-based
- Confidential
- Supportive

Through listening, reflection, and questioning Echo Coaches guide you to find your own solutions to the difficult situations you might face, building up your resilience and growing your skills base so you are able to support your loved one to overcome their eating disorder and achieve recovery.

What's great about Echo?

- Free weekly calls from a peer coach
- The opportunity to talk to someone who understands your circumstances and gain emotional, social and practical skills.
- Echo's dedicated Peer Coaching team will match you with someone who has similar shared experience
- Echo protect the safety of all involved by automatically connecting you and your coaches phones anonymously, this means no personal telephone numbers need to be exchanged.

How to access Echo?

Echo are looking for volunteer coaches to provide this service. For anyone interested in providing this service, please contact echo@beateatingdisorders.org.uk where the next stages of the process can be discussed, and an application form can be forwarded on.

If you would like support in applying for this position please contact Samantha-Jo McArthur on 01478 612921 or email volunteerofficer@slcvo.org.uk

Skye & Lochalsh Mental Health Association

Board Members

Skye & Lochalsh Mental Health Association is a unique organisation and makes a genuine, life changing difference to many people. The charity is locally run, fully independent and not regulated by the Care Inspectorate, giving it the freedom to develop a service that genuinely reflects local needs.

The Board aims to have members who between them have expertise in a range of areas, including community care, medicine, lived experience of mental health problems, finance, project management, law and employment. At the moment they are particularly looking for people with a medical or legal background and people who live in Lochalsh or south Skye.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk or you can visit their website to receive more information on what they do - <http://www.slmha.co.uk/>

Crossroads Skye & Lochalsh

Charity Shop Volunteers

Crossroads have a great team of volunteers, which their Charity Shop could not successfully fundraise to support their work in Skye and Lochalsh.

Some volunteers give two hours a week, others give them 20 hours a week, but no matter what, they are all making a vital contribution towards their charity's work.

If you would like more information or would like to try a wee taster session, please drop into the Portree based shop or call Jenny or Marion on 01478 612399 crossroadscaresl@btopenworld.com

CROSSROADS CARE

Caring
for
Carers

SKYE & LOCHALSH

The Macular Society



Support Group Leader

Long term and home based with some travel to/from the venue in Broadford

To be the Group Leader for a Support Group for those suffering, or caring for people, with Macular Degeneration. This is a new group and initial training and support will be provided by the Macular Society's Regional Manager. The intended aim is for the group to be self-supporting and sustainable. The opportunity is home-based with some limited travel to/from the secured venue in Broadford. It is intended the group will meet once a month on a regular day each month.

No previous experience is required as full training and support will be given. The ideal person will be a good organiser with administration skills to match and have a limited knowledge and ability in IT – mainly for email and record keeping.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk or you can visit their website to receive more information on what they do - <https://www.macularsociety.org/>

SEALL Community Arts



Events Support

SEALL is one of the UK's liveliest community- led events promoting groups, based at , but not part of, Sabhal Mor Ostaig in Sleat, Isle of Skye. They promote around 70 events a year including the Skye Festival in July and August.

Their volunteers provide front of house support at events. They are also keen to provide volunteer opportunities for technical skills in lighting and sound for which they will provide training.

SEALL also seeks volunteers to be involved at Board level and some areas of general management, such as fund-raising. They are looking for some medium to long term commitment but possibly only a couple months at a time.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk or you can visit their website to receive more information on what they do - <http://www.seall.co.uk/>

Advocacy Highland

Volunteer Advocate



This job will involve you working with people in your local and surrounding area. You may be required to visit people at home and accompany them to meetings. Access to a car is desirable.

An advocates role is varied and will generally involve:

- Arranging to meet with the person (Advocacy Partner) to discuss their issues and concerns.
- Identifying the specific points the Advocacy Partner wants to raise and with whom
- Agreeing the next course of action which could for example be form filling or writing a letter for/with the Advocacy Partner, arranging to contact the appropriate agency for/with the Advocacy Partner
- Attending for example a meeting, review and tribunal and empowering the Advocacy Partner to speak up or assisting by representing the Advocacy Partner's views and wishes
- Ensuring the relevant forms are completed and information recorded

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.

Skye & Lochlash Marie Curie Fund Raising Group

Fundraising Members

The group help to raise funds to provide end of life nursing care for the terminally ill in Skye and Lochalsh.

Their active and well run group requires additional help with:

- organising fundraising events
- helping at fundraising events
- new ideas for fundraising
- running an event in the local area

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at

Rag Tag “N” Textile

Workshop Assistants

Rag Tag provide workshops where small groups (approx 6) people with mental health conditions engage in therapeutic craft work. The groups are run by a Rag-Tag tutor but we need volunteers to support the tutor. The volunteer would need to have an empathy and interest in mental health difficulties as well as an interest in craft work. Workshops are mostly 6 hours a day, 10.00 - 4.00. There are workshops in Portree and Broadford.



Public workshop support

Rag Tag have occasional series of workshops for the general public to engage in different kinds of activities. A tutor leads each workshop but a volunteer is needed to assist the tutor. Workshops are in Broadford and Portree.

Drivers

Some of the students are unable to access workshops because of inadequate public transport. Volunteer drivers would be welcomed from anywhere in Skye and Lochalsh for bringing students into Portree and Broadford.

Charity shop workers for Broadford charity shop

Funds from the charity shop are needed to keep RagTag operating. Hours are 11.00 to 3.00 Monday to Friday. Rag Tag need volunteers able to attend regularly - ideally committing to one day a week. It involves serving the public, sorting donations and keeping the shop tidy.

Gardening / maintenance

The land around our premises in Broadford are always in need of stimming and maintenance work. Rag Tag are also hoping to establish a small garden area which will need working on.

To apply or receive any more information regarding any of these roles please contact Rag Tag 01471 822043 or email hello@ragtagskye.org

Skeabost Memorial Hall Association

Café Worker

Skeabost Memorial Hall Association need volunteers to help with their regular Café which is open to all members of the public. They want volunteers to help with preparation and dishes in the kitchen or serving the customers.

It is a great opportunity to work as part of a time and interact with many different people and also learn the basic skills needed for restaurant work.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.

Skye & Lochalsh Citizens Advice Bureau

Various Opportunities



Skye & Lochalsh Citizens Advice Bureau has lots of different opportunities to help with their everyday running of the office. Volunteers play a key part in helping make sure members of the public are supported.

They are looking for several volunteers:

- Administration
- Website Designers
- Social Policy Volunteer
- Promotions Volunteer
- Advisers

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.

Befrienders Highland

Distant Befriending



Befrienders Highland is looking for volunteer befrienders who can complete their straightforward workbook training programme to then be able to offer 1-1 supported friendship to people across the Highlands and Argyll and Bute. They provide friendship to people who are lonely and isolated as a result of mental ill health or are in the early stages of dementia or are carers for someone with dementia. All find opportunity for social contact limited or difficult and find the weekly social contact with someone who cares extremely valuable.

All befriending is done by distance befriending, by telephone, letter or email. Volunteering is simple enough as you do it from home! Befrienders of all ages and backgrounds are needed from Highlands and Skye areas. They will take care to introduce you to someone who shares some of your own interests so that you have something in common straight away.

Enjoy your spare time, gain some valuable training and make a real difference to someone's life by volunteering for up to an hour a week.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.

Portree High School Parent Council

Secretary

Looking for a challenging, rewarding & varied post? Portree High School Parent Council have a vacancy and are looking for a secretary to join their dedicated group. The main duties will be:

- Organise meetings
- Maintain records
- Handle communication & correspondence
- Minute taking
- Support the Chairperson
- Maintain an effective communication between committee members and the School

Experience in minute taking and clerical duties is preferred although not essential as training will be given.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.

HM Coastguard

Coastguard Rescue Officer

Join HM Coastguard's Rescue Teams as a volunteer Coastguard Rescue Officer assisting at risk of injury in/on the cliffs, shoreline or maritime environment.

Equipped for Search & Rescue, the Coastguard Rescue Service is made up of 3500 volunteers located right around the coast of the UK.

They are highly skilled rescuers trained in a wide range of capabilities specifically for the coastal environment and the community in which they live.

When you join, you will become part of a highly respected emergency response organisation which deals with thousands of incidents every year. HM Coastguard will invest in your development as a Coastguard Rescue Team member by training you in specialist search and rescue skills necessary for your local area and equip you for the tasks you will undertake.

Emergency callouts are unpredictable and varied in nature so there is unlikely to be a routine pattern to when you are asked to respond to an incident.

No previous experience is necessary; you will be trained in all the skills you will require but a valid full UK driving license is necessary

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.



HM Coastguard



Girl Guiding

Leaders & Helpers

Train to be a volunteer leader with Girl Guiding and help out with Rainbows, Brownies and Guides or just become a helper.

Full training will be given with the backing of a worldwide organisation behind you.

There are spaces available in:

Broadford - Thursday evenings

Carbost - Tuesday evenings

Dunvegan - Tuesday evenings

Portree - Monday Evenings

All in term time only.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.

Various Opportunities

High life Highland - Adult Learning

For projects launching in 2018, volunteers with skills in the following areas needed:

EnviroFilm Project

- Filmmaking e.g. lighting, camera angle, sound, editing, digital filmmaking using PDAs
- Scriptwriting
- Environmental skills and knowledge, especially coastal/shore

Health and Wellbeing

- Walking group leaders (gentle or silent walking)
- Wellness course: leading small groups on 4-6 week courses covering topics such as mindfulness, yoga, healthy eating, crafts or writing. Facilitate a full course or a session.

Ongoing adult learning programs need volunteer tutors with skills in the following areas:

- Basic literacy support: assist individuals with form filling or numeracy
- Digital literacy support: 1 to 1, classes or mentoring a small group of motivated learners
- Environmental skills: Upcycling, reducing waste, green energy, growing food, beekeeping
- Health and wellbeing: Arts, crafts, practical skills such as woodwork; exercise or outdoors

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.





Skye & Lochalsh Mental Health Association

Art Group Facilitator/Leader

Am Fasgadh are looking for an individual to lead and facilitate a range of art and craft activities for enjoyment on a regular basis with adult members of different ages and abilities. In a recent feedback exercise some of the members who attend Am Fasgadh expressed an interest in having art activities so we are looking for a suitable volunteer to be able to initiate, lead and facilitate a regular group to provide a range of activities that would help members to learn something new and/or build on existing skills and interests.

Knowledge of different art and craft activities and experience of 'teaching' this knowledge; an ability to manage a small group of people possibly doing different things at the same time; flexibility; patience and a sense of humour.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.

Skye Stroke Friends

Skye Stroke Friends is run by members and volunteers and is affiliated to Chest, Heart & Stroke Scotland. It is for anyone who has had a stroke, their family and carers.

They meet every Wednesday 1pm-3pm, in Portree, for lots of activities that aid recovery.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.



Highland Hospice

Retail Volunteer



This is your opportunity to socialise, have fun and support a great cause.

Reporting to the Shop Supervisor, volunteers working in our Portree shop, will be responsible for-

- Providing high standards of customer care to shoppers
- Sorting and pricing goods
- Operating the till and handling cash
- Working as part of a team

If you have a particular interest in items like clothes or books, for example, your skills could be really well used to help display and appropriately price items to ensure we gain the most benefit from them.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk.

Viewfield Garden Collective

Gardening On Skye



Viewfield Garden Collective is a Scottish Charitable Incorporated Organisation based in Viewfield Road in Portree on the Isle of Skye. It's main purpose is to provide a safe working environment for those interested in gardening and horticulture.

It is a place where people come together to garden but also to spend some time with other people, would it only be over lunch time or for a longer period. They have a basic cooking facility in their polytunnel where they prepare soups etc for the volunteers.

In the season the produce grown on site is being sold to the community which provides more interaction opportunities and learning of customer service skills. There are plenty of hands on volunteering opportunities available e.g. weeding, sowing seeds, potting of plants, building and looking after veg and flower borders, maintaining the network of paths, sweeping leaves, cooking of food, selling of the produce etc.

Army Cadets

Adult Volunteer



Aged 18 or over?

Want to lead, inspire and help young people?

Looking for something exciting to do in your spare time?

Then being an adult volunteer instructor with the Army Cadets could be an exciting option for you. With around 41,000 cadets (aged 12-18) in over 1,600 locations in communities all around the UK, the Army Cadet Force (ACF) is one of the country's largest voluntary youth organisations. We have thousands of enthusiastic and committed adult volunteers who help to lead, guide and inspire our cadets, but we need more.

Enjoy the fun, friendship, action and adventure the ACF provides. Make a real difference to young people in your community – helping to inspire them to achieve, building their confidence, and encouraging them to think for themselves and to act for others.

Joining the ACF is a great way to meet like-minded people and to have fun and, in return for your time and effort, Army Cadets will give you the chance to learn new skills, gain new qualifications and help develop your leadership potential.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk. You can also have a look on their website for

The Growers Hub



Broadford and Strath Community Company

Weekly Friday morning volunteer sessions from 9am - 11am at allotments site, Broadford industrial estate.

If you want some exercise, fresh air want to learn some practical skills and horticulture practices then helping with the Growers Hub project will be perfect for you. Help with site maintenance, building paths, planting tree's and more.

It is a great place to meet new faces, share and develop new skills.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk. You can also have a look on their website for more information - <https://www.broadfordandstrath.org/>

Retained Firefighters

Scottish Fire and Rescue Service



Firefighters respond to 999 emergency calls to put out fires but that is not all. The firefighter's role involves a huge range of activities other than firefighting.

Other incidents can range from road traffic collisions to chemical spillages, water rescue operations, flooding incidents, rail incidents and other disaster situations.

Whilst it is essential that you have excellent all-round physical fitness, firefighters need sensitivity to deal with the public when they are distressed and need to be able to solve problems using relevant information.

As a firefighter, you could find yourself supporting education initiatives in schools, youth and community groups and voluntary organisations. Another element of this community safety work is the provision of Home Fire Safety Visits to the community in which you work, advising people on potential hazards within the home, how to minimise risks and fitting smoke alarms when necessary.

The focus we have on prevention means that firefighters now spend a large proportion of their time educating the public so that fires and other incidents can be prevented. This involves anything from:

- Fitting smoke alarms
- School and community group visits providing education on fire prevention and the dangers of fire
- Working with local councils to ensure the protection of vulnerable people
- Carrying out inspections of commercial and industrial premises and providing safety advice to community groups and families
- Provision of fire safety advice; visiting people's homes and assessing the risk of fire and advising on how best to protect themselves
- Working with other emergency services such as the police, ambulance and coastguard services providing specialist skills when required

There is also a lot of training, both theoretical and practical, to maintain operational competence and time spent on the maintenance of vital equipment.

The professional firefighter's job is both challenging and demanding, however, it is also extremely rewarding. It requires fitness, professionalism, respect, integrity, dedication and a commitment to excellence.

If you would like more information regarding this opportunity, please contact Samantha-Jo McArthur at SLCVO on 01478 612921 or volunteerofficer@slcvo.org.uk. You can also have a look on their website for more information - <http://www.firescotland.gov.uk/>

Kyle & Lochalsh Community Trust

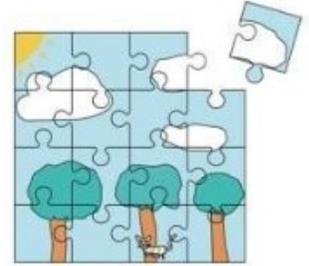
Conservation Volunteering on the Plock

Become a volunteer conservationist at the Plock in Kyle and take part in a number of different outdoor gardening work. From weeding to putting down baths and planting trees.

The group meets at the car park up the hill behind the old Toll Office every Tuesday 10am - 1pm.

For more information please contact info@lochalsh.uk or phone 01599 534505

Kyle & Lochalsh Community Trust



Creating a better future together

Guide Dogs

Fundraiser

Assist the local fundraising team in promoting and taking part in a variety of activities to raise money for Guide Dogs. The time commitment can be very flexible and the fundraising groups organise events throughout the year.



What does the role involve?

- You will have the chance to take part in some or all of the following:
- Street collections on 'flag' days
- Help on stalls at local events
- Taking collection boxes to local businesses
- Attending local events organised by branches or Community Fundraisers and keeping track of what we sell on our stalls (including the cuddly toys!)
- Count donations
- Fundraisers are usually members of the local fundraising group

For more information please visit - www.guidedogs.org.uk or contact volunteer@guidedogs.org.uk or call us 0845 371 7771.

Guide Dogs

Collection box co-ordinator



To place our iconic boxes locally as part of their daily life and every few months tally up the funds before paying them in to Guide Dogs.

The time commitment for this role is flexible and would include spotting opportunities to place boxes during your daily activities.

What does the role involve?

- Identifying and placing collection boxes in suitable locations
- Talking to the shop owner, receptionist etc. at the location about how the boxes will help Guide Dogs and what we do
- Emptying boxes every three to six months (as they get full) and banking the income through the paying in book provided. Give a receipt and letter of thanks to the hosts
- Keeping a written record of the location of all boxes for your supervisor, the dates they are emptied and the dates/amounts banked
- If boxes aren't collecting much, you'll decide to move them to a better location. Your supervisor may also ask you to remove boxes
- Reporting any stolen boxes to the Local Mobility Team
- Spotting the potential for further fundraising amongst the box holders for Community Fundraisers

For more information please visit - www.guidedogs.org.uk or contact volunteer@guidedogs.org.uk or call us 0845 371 7771.

Why Volunteer?

People volunteer for a variety of reasons. For some it is the chance to give something back or make a difference to their community. For others it is an opportunity to develop new skills, make new friends or be a part of social change. Whatever the reason all volunteers find volunteering rewarding and fun.



Why is it important?

Volunteers are central to the Third Sector as every community group, charity, club and social enterprise includes volunteers from fundraisers to committee members.

Skye and Lochalsh CVO represent over 200 community groups in the Skye and Lochalsh area and the majority are run entirely by volunteers.

Self-help has always been a tradition in the Highlands and today volunteering attracts a diverse range of people, for many different reasons. Some people volunteer as it can help with employment and for others it is a way of giving back to an organisation that has helped them.

Becoming a volunteer benefits you but also helps the groups you are involved with and your local community as a whole.

Reasons why people volunteer

- To help make a difference to the lives of others
 - Gain confidence and self-esteem
 - For the opportunity to try something new
- To give something back to an organisation that may have already helped you/your family.
 - To help make a difference in your local community
 - To have fun and quality time away from other commitments
 - To share skills and experience with others and feel part of a team
 - To improve employment prospects and develop transferable skills.
- If you are a young person there are a number of different accreditation/award schemes that reward your volunteering and help boost your CV

Things to consider before you volunteer

Before you commit to volunteering there are a number of things you will need to consider, what and where it is you are looking for and what time you have to give. Think about what skills you have and would like to share with others or maybe something you have always wanted to do.

If your volunteering role means you will be working with children or vulnerable adults you will have to have a PVG check (Protection of Vulnerable Groups Scheme.) The group or organisation you volunteer with will help you with this.

Volunteering

Visit Volunteer Development Scotland You Tube channel and see what volunteers in Skye and Lochalsh say



“Really good way to interact with many different people and great to put on your CV”

Laura MacPhee - Crossroads charity shop



“It’s a great way to help people get more out of life“

Jim Rennie—Skye Old Peoples Welfare & Friends of Budhmor



“Viewfield Garden would not exist without volunteers”

Rosie Somerville—Viewfield Garden Collective



“Great to help people explore many different options and move in a positive direction”

Jyrna Batters—The Shirlye Project