



## Enquiry slip for volunteering –

Name: .....

Address: .....

.....

.....

Postcode: .....

Telephone number: .....

Mobile number: .....

Email address: .....

Where you picked up this leaflet: .....

.....

*Please return to:*

**Margaret Cowie,**

Volunteer and Community Participation

Development Officer,

Spynie Hospital,

Duffus Road,

Elgin,

IV30 5PW or email details to

volunteering.CC@moray.gov.uk

Telephone: 01343 567102

You will be contacted as soon as possible



## Frequently asked Questions

**What commitment is needed?** – You can give a few minutes to make a phone call every day or an hour or two once a week or more. Very much dependant on what meets your needs as well as those you volunteer with.

**Is training needed?** – Not necessarily. You may already have the skills required. Training is offered, if volunteer and staff agree it is relevant and appropriate.

**Is there any cost involved?** – Transport costs can be covered on provision of receipts. PVG/Disclosure costs will be met by Moray Council. There will not be a payment for volunteering tasks as this is not an alternative to paid employment.

**Award Schemes and accreditation** – Work can be linked to Duke of Edinburgh Awards, Moray Youth Award, Moray Young Citizen Award, age dependant. SVQ in Volunteering is also being developed for different age groups.

### **VOLUNTEERING with MORAY COUNCIL**

The Moray Council Volunteering Policy supports and promotes volunteering within all departments and values volunteering as a key community resource.

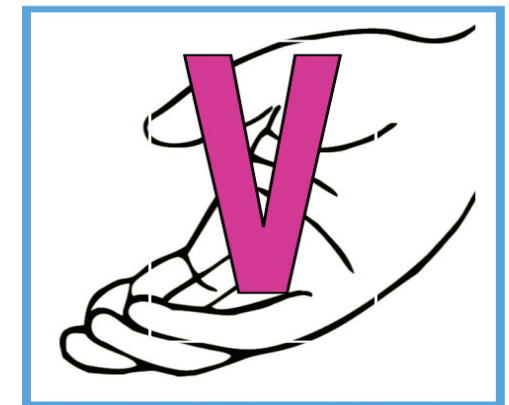
### **INTERESTED?**

Please complete attached slip or email details and you will be contacted as soon as possible



[www.moray.gov.uk/volunteering](http://www.moray.gov.uk/volunteering)

## Moray Council Community Care Services



*‘Hands Up to  
Volunteering’*





## Why get involved?

'A little of your time can make a big difference to someone else. You can see firsthand the real difference your time makes.'

## Benefits for you

- Personal Development
- Using your skills for the benefit of others
- Meeting new like minded people
- Passing skills onto others
- Learning new skills
- Accreditation as part of an award scheme where relevant
- Useful additions to C.V.
- Providing experiences to speak about at interviews
- Recognition for volunteer work
- Work type experience to assist gaining paid employment
- Finding new interests
- Giving something to your community

## Volunteering Opportunities

Some of the activities you could be involved in include –

- Community Alarm Responders
- Community Connectors
- Coffee Buddies
- Outings Buddies
- Activity Buddies
- Shopping Buddies



- Walking Buddies
- I.T. Buddies
- Reminiscence Buddies
- Gardening Buddies
- Day Centre Activities – arts and crafts, music and drama, Wii activities, trampoline spotting, photography, gardening.

'Sometimes it's the little things that make the biggest difference'.

## Where opportunities may be available

- Day Centres
- Day Services
- Community Groups
- Own Home

*"Volunteering helps to strengthen citizenship involvement."*

## Benefits to those you support can include-

- Enables and improves quality of life
- Improves independence
- Improves mobility
- Improves sense of well being
- Increases social inclusion
- Increases support across generations



## Who are we looking for?

- Students
- Unemployed
- Recently redundant and looking for a new career
- Carers
- Retired person
- Service user
- Leaving education
- New in the area and looking for something to get involved in
- Have some time to give
- Have a skill to share for the benefit of others
- Community minded person
- All levels of abilities

## What you can expect from us?

- Support, Supervision & Training
- Clear procedures and roles
- References if required
- Accreditation where relevant
- Recognition of the work of Volunteers
- Expenses where appropriate

## What is involved?

A few processes are necessary before your volunteering activities can start.

These will include –

- Completion of Volunteer Application
- Interview and PVG/Disclosure where appropriate
- Induction, Training where necessary

