

Volunteering

Volunteers play an important part in supporting vulnerable people across Moray in getting out and about, accessing local group activities or in their home setting.

All kinds of people volunteer – students, the unemployed, retired people, those seeking a change in career, and those who are community minded.

Moray Council supports and values its volunteers as a key community resource, helping strengthen citizen involvement and reducing social isolation and helping people to re-engage with communities and to regain confidence.

Volunteers in Health and Social Care Services provide assistance in many ways – from being a buddy supporting service users to access local activities; shopping or a coffee; reconnecting with local groups; being a community alarm responder or helping at Day Service activities.

The amount of time required depends on the needs of both the volunteer and the service user.

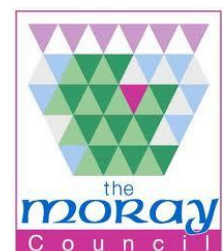
It may range from just a few minutes to make a phone call every day, or giving an hour or two once a week or more.

Anyone interested in volunteering undergoes a few standard procedures before starting, including an initial interview, completion of a volunteer application pack and a disclosure check.

Induction and training sessions are also provided.

The council pays for volunteers to undergo PVG or Standard Disclosure checks and appropriate expenses. Volunteers receive support, supervision and training.

August 2014



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There are opportunities to gain accreditation, such as the Duke of Edinburgh Award, Youth Saltire Award, and an SVQ in Volunteering through Moray College.

Volunteering opportunities include:

- Buddy – one to one support
- Alarm Responder
- Day Service activities
- Morning Calls
- Sheltered Housing - group activities
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Some of these activities may take place in:

- Person's own home
- Out in the community
- Community groups
- Day services
- Sheltered Housing

Benefits of getting involved for volunteers:

- Personal development
- Meeting new people
- Sharing skills
- Learning new skills
- Include in CV
- New interest
- References
- Giving something back
- Stepping stone to employment
- Links with awards and accreditations

Find out more

Current volunteering opportunities and additional information is available from the Moray Council website at

www.moray.gov.uk/volunteering

For further information about volunteering opportunities, contact Margaret Cowie, volunteer and community participation development officer, on 01343 567102 or email volunteering.CC@moray.gov.uk

For further information, contact the Moray Council Adult Community Care Access Care Team on 01343 563999 or email: accesscareteam@moray.gov.uk

To see the full collection of adult community care leaflets, visit <http://www.moray.gov.uk/communitycare/leaflets/> or call in at any Moray library or access point.