

- You will be given a volunteer handbook that will give you advice and guidance.
- You will have regular review meetings.

I am interested, what is the next step?

You can contact the volunteer centre and they will send you an application form. On this form you will need to provide the names and addresses of two people who will give us a reference for you. You will also be asked to fill in an enhanced disclosure form, which is required by law to check if you are suitable to work with young people and vulnerable adults. A member of staff will help you do this.

You will have your induction training at the volunteer centre. You may be offered more training to help you work with children or vulnerable adults, to drive safely, to deal with difficult behaviour and so on. You do not have to take part in this extra training if you don't want to.

When we receive your references and disclosure form, we will pass your details to Voluntary Services at Social Work and Health. You will receive a letter telling you that you are registered as a volunteer.

After we have spoken to you, we will match you to a suitable volunteer activity. If you agree to do this activity, a member of staff from Social Work and Health will contact you to explain what you will have to do.

Who do I contact?

Contact one of the following groups.

Volunteer Centre Angus

32-34 Guthrie Port
Arbroath
DD11 1RN
Phone: 01241 875525
Fax: 01241 879976
E-mail: info@volunteerangus.org.uk

Voluntary Services

Angus Council Social Work and Health
St Margaret's House
Orchard Loan
Orchardbank Business Park
Forfar DD8 1WS
Phone: 01307 474863 or 01307 474865
Fax: 01307 474899



You can get this leaflet in large print, in Braille or on audio tape by phoning us on 01307 474151. We can provide this information in other languages if you need it.

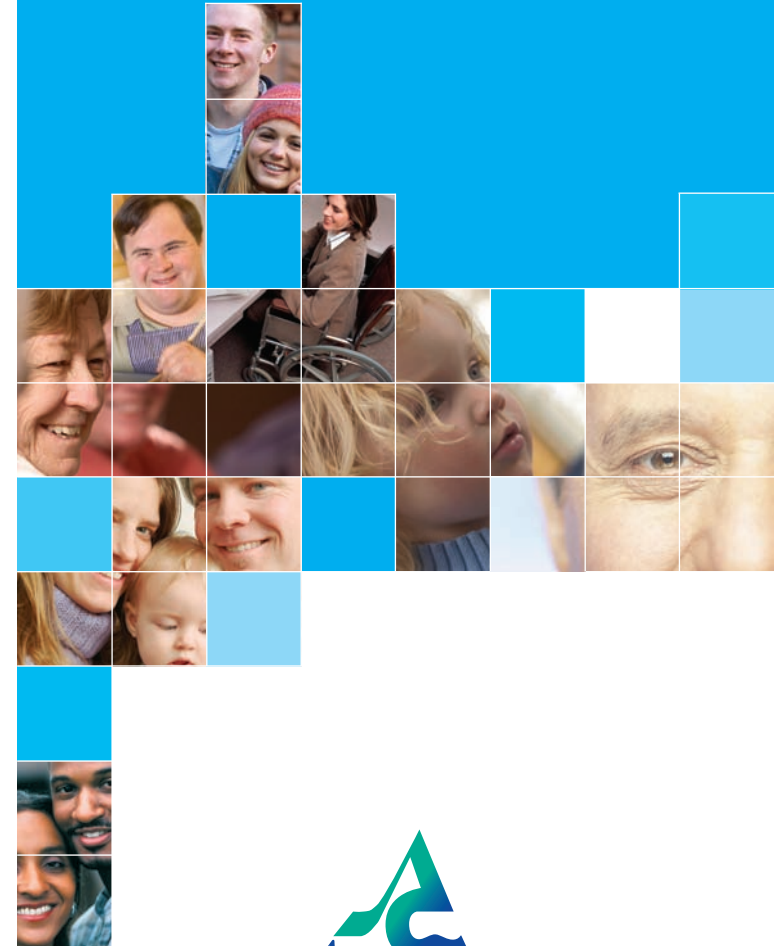
Call ACCESS Angus 08452 777 778 - your direct line for council services.

R Peat
Director of Social Work and Health

June 2008

Could I make a difference in my community?

Volunteering in
Social Work and Health



SOCIAL WORK and HEALTH

What is a volunteer?

A volunteer is someone who gives up some of their time to help other people. A volunteer is not paid for any work they do.

Could I be a volunteer?

Anyone aged between 16 and 80 can volunteer. You can be at school, retired or simply want a new challenge. As long as you have some spare time to offer, you can help.

There are lots of people in your community who would be happy to get your help and support.

What kind of volunteering could I do?

Driving

- Do you enjoy driving and meeting people?
- Do you have your own vehicle? Is it in good condition and covered by business insurance?
- Can you regularly volunteer for at least one hour a day?

You can drive young people to school or take adults to day-care facilities or appointments.

Befriending

- Do you like working with children or teenagers?
- Would you like to keep an older person (65 years and over) company?
- Do you think you could help an adult with a physical or learning disability?
- Can you help someone to become more independent?
- Can you spare at least one or two hours on a regular basis?

You can help someone by spending time with them. You can help them get involved in community activities, such as going to the cinema, walking in the park, going out for lunch, watching a sports event or going shopping.

You will need to be able to do this activity for a few months, to help the person feel secure and become a part of their community.

Group activities

- Would you enjoy volunteering in a group situation with older people (65 years and over) or adults with disabilities?
- Do you have a specialist skill or hobby such as sport, music, arts and crafts, drama, computers or board games?
- Can you regularly volunteer for two to three hours at a time?

You could help out at a resource centre or residential unit. You can give residents support and help them get involved in activities or you can help with small group trips to the library, shops or sports centre.

Would it cost me anything?

No. You will also be refunded for your out-of-pocket expenses. This means that we will pay your travel expenses and any other costs you have. You will agree this with your support worker.

How much time do I need to give?

You can give as much or as little time as you can spare. We would like you to volunteer for at least one or two hours on a regular basis, but volunteering regularly is more important than the amount of time you volunteer.

What would I get from it?

- Help your local community.
- Learn new skills.
- Meet new people.
- Get work experience.
- Have fun.
- Increase your confidence and self esteem.
- Increase your chances of getting a job.

Here is what some volunteers have said about the work they do.

'I have enjoyed meeting lots of different people since I started volunteering.'

'It gets me out the house and keeps me active.'

'I enjoy the company of the older people at the day-care centre, they are good fun, there's a good atmosphere.'

'It was a lot of hard work but well worth the effort.'

'I thoroughly enjoy working as a volunteer and hope to continue as long as possible.'

What support would I get?

- You will be given induction training which you must go to.
- You will have the chance to have extra training.
- You will work with a member of staff who will support you.
- Staff from Voluntary Services will answer any questions you have.