



# tsiMORAY Volunteering Hotlist

## September 2022

### Findhorn Bay Arts Festival

Festival Volunteer REGISTER NOW!

23 September — 2 October 2022



## FINDHORN BAY ARTS

Take part in the 4th annual Findhorn Bay Festival by volunteering!

Festival volunteers help with stewarding and feedback for events. It's a great way to gain experience, meet new people, plus you'll get free entry to the show you are volunteering at! The Festival is holding info sessions for volunteers **1st September (7pm) and Saturday 3rd September (3pm)** in Forres Town Hall. Call 01309 673 137 for more info.

### Speyside Youth

Advisory Member or Trustee

Dufftown, Monday evening once a month



Speyside Youth exists to develop the citizenship of young people, through a structured programme of support, opportunity and activity provided by a team of Youth Workers. They are a youth led organisation with a youth committee which is supported and mentored by an Advisory Group & Trustees. If you can relate to young people and have the enthusiasm and could commit to helping on a Monday evening once per month, please get in touch!

### Mary's Meals

Youth Ambassador Volunteer (14-21)

Moray



## mary's meals

The Youth Ambassador role is an exciting new opportunity for people aged between 14-21 who are keen to help feed hungry children in some of the world's poorest countries. As a Youth Ambassador, you'll be a representative for Mary's Meals, helping to grow the movement by sharing the story of Mary's Meals in your school or community. Find out more!

For all volunteering enquiries, please contact:

[volunteer@tsimoray.org.uk](mailto:volunteer@tsimoray.org.uk)

01343 541713 [www.tsimoray.org.uk](http://www.tsimoray.org.uk)

Company No: SC416994 Scottish Charity No: SC042954

Connected People  
Creating Change

Over 400 children took part in the Moray Primary Football festivals last year! It is the highest attended regular school participation activity in Moray.

These teams/players require volunteers to deliver and support sessions. Can you help a few hours with your local school team? Contact them [here](#)

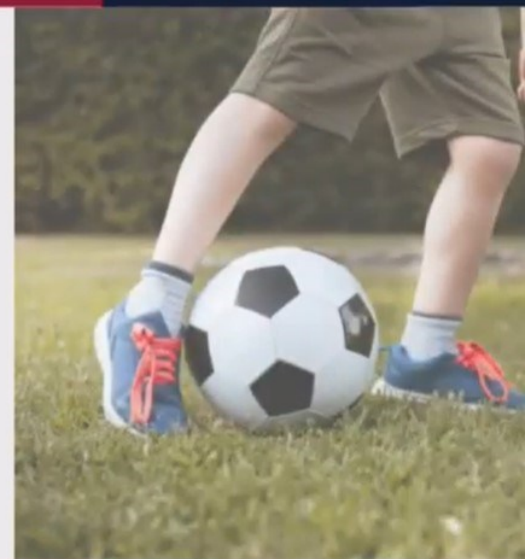
# VOLUNTEERS NEEDED

We are looking for people to support the Moray Primary Football Festival programme.



## help teams with:

- rotating players on the pitch
- organising the team i.e. pass on information to parents
- delivering fun football sessions
- first aid treatments



Contact your local Active Schools Coordinator



**The first football festival of 2022-2023 starts  
Saturday 10th September 2022!**



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**Chest, Heart & Stroke Scotland**  
Community Support Services Volunteer  
*Home based*



CHSS helps families across Scotland adjust to the “new normal” after a stroke, live life to the full again and transition from hospital to home. As a Community Support Services Volunteer, you’ll help people in your neighbourhood who are living with chest, heart and stroke conditions to develop confidence to manage their condition and support them in achieving personal recovery goals. Volunteers will support people in one-to-one or group settings and support can be provided in person, virtually or via telephone.

**Cruse Scotland**  
Counsellors  
*Home based*



Cruse is looking for trained counsellors who are supportive & non-judgemental, proactive, motivated & open to change & demonstrate an understanding of the importance and scope of confidentiality. Excellent interpersonal & communication skills are also essential. You must be a registered member of COSCA or the BACP & hold a recognised Diploma in Counselling. If you are interested in applying for this volunteer role please visit our website at Current Volunteer Opportunities : Cruse Bereavement Care ([crusescotland.org.uk](http://crusescotland.org.uk))

**Cycling Without Age Scotland**  
Trishaws Pilots  
*Anderson's Care Home, Elgin*



Cycling Without Age Scotland is a transformational project which brings the elderly population closer to the outdoor environment through the power of cycling. It offers the elderly or less able bodied, the chance to hitch a ride on a trishaw & enjoy the outdoors in a relaxing and invigorating way. Based on the national model, this idea is now here in Moray & will be operating with Anderson's Care Home. No previous experience required but must be over 16 yrs. Key is being empathetic towards elderly people, a good listener and communicator. Full trishaw training will be given.

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### Circles Advocacy

Reception and Admin Volunteers

Weekdays, various shifts



**Circles Advocacy provides support for people to have their views heard.**

**They can often be vulnerable and need a warm welcome when they visit or call our office.**

**We are looking for volunteers to provide this welcome.**

Wednesdays – 9-1pm and 1-5pm. Providing reception duties and some basic admin tasks.

Monday, Tuesday, Thursday and Friday – 2-5pm. Reception duties, help to close the office e.g. closing blinds etc.

Skills required – good communication skills, a warm and welcoming manner, basic IT skills (Wednesdays only), a hobby or studies that can be done at reception to keep you happy as we can be quiet, a willingness to clean the fish tank would be wonderful but not essential.

**What we can provide** – tea and coffee, a feeling of supporting a much needed service and being part of a welcoming team, training in various subjects (not compulsory), a reference for future employment, an opportunity to find out more about advocacy and help spread the word.

For more information contact Kati Clark or Anne Pendery on

01343 559546 or [info.moray@circlesnetwork.org.uk](mailto:info.moray@circlesnetwork.org.uk)



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**RSPB North Scotland**  
**Reserve work Party Volunteer**  
*Culbin Sands*



Are you interested in wildlife and would you like to get involved in practical work on the Culbin Sands reserve? The RSPB is looking for new volunteers to get involved & help manage the reserve. Volunteering is usually once or twice a week between Monday & Friday, from September to April. This role is suitable for under 18's. This conservation work aims to improve the condition of sand dune and vegetated shingle habitats on the reserve, to benefit a range of rare and threatened species.

**Hanover (Scotland)**  
**Volunteer Befrienders**  
*Elgin and Cameron Court, Forres*



Be a Volunteer Befriender at the Hanover developments in Forres or Elgin. Volunteers provide one to one companionship and reduce loneliness and social isolation for some residents. Befrienders build a positive relationship with an individual and visit them on a regular basis in their own flat. This could mean spending some time with a person for an hour or two every week/fortnight, we also encourage getting out and about for a coffee or short walk. Generally, befrienders are there to chat and get to know someone, and to have a bit of fun.

**Riding for the Disabled**  
**Volunteer**  
*Moray*



Riding for the Disabled need volunteers who can help in any number of ways, not just helping on the rides, or being directly involved with the ponies. From crazy fundraisers to baking cakes, event organising to poo picking, as well as walking with riders, volunteering with us is so rewarding for all involved. No experience of horses necessary as there are so many things that volunteers can do where they don't need to be in charge of a horse/pony and all training can be provided. Volunteer opportunities will be allocated depending on preferences of the volunteer.

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### Re-engage

#### Tea Party Driver

*Sundays, In and Around Elgin*



Tea parties provide a lifeline of friendship for local older people, and the regular, warm, friendly chats and companionship provide a vital link with the outside world from which they have become isolated. Drivers take older people to the parties and stay with them to enjoy the get-together. Over time, drivers and older guests get to know each other well. As a tea party driver, you liaise with your group coordinator and take older guests to and from the tea parties each month. Staying at the tea party is part of your role, so it's much more than being a driver. You will need to have a full, clean, driving license, and PVG. You will also need to check that you are covered by your regular motor insurance policy to do the driving role.

### Re-engage

#### Tea Party Host

*Across Moray, Sundays — once or twice in a year*



Tea party hosts are a vital part of the Re-engage team. This is a flexible, voluntary role that can easily be fitted in around your own lifestyle and availability. As a volunteer host you will run a local tea party one to two times a year. You will host a group of four to max 12 people (which includes drivers, the group coordinator as well as older guests) in either your home or a community venue. The tea parties should last around two hours and will usually take place on a Sunday afternoon. You must be comfortable socialising with people and providing guests and other volunteers with refreshments. Volunteers will need two references and to complete an ID check for this role.

### Community Alarm Responders

*Portgordon and Portknockie or live within 30 minutes travel time of this area*



Community alarms help older and more vulnerable people in Moray to continue living as independently as possible in their own homes. At the press of a button they can raise an alert if they need assistance. There are a number of people in our communities who unfortunately have no family or friends living close by who are able to act as their alarm responder and go check on them when an alarm is activated to provide initial assistance. **This volunteer service is very much about remaining calm and providing reassurance.**

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### Cats Protection

#### TNR Volunteer

*Across Moray*



Cats Protection, Moray Branch is always also looking for new TNR team members - this for the trapping, neutering and returning of feral cats to and from their colonies. This is a flexible role but you would need to be available at times that might be a bit unsociable i.e./early morning for pick ups and to vets and then return late afternoon.

This may only be a day or two a month. A car is essential for this role.

### Disability Equality Scotland

#### Panel Members

*Moray*



**Disability  
Equality  
Scotland**

Achieving Full Access and Inclusion  
for Disabled People in Scotland

Improve access and inclusion for disabled people in Moray. Disability Equality Scotland's network of access panels run across Scotland, providing support and guidance to improve the lives of disabled people at a local level. The Nairn panel is currently doing some work in Moray and would really welcome some new Moray volunteers. If you would like to know more about the panel and how to get involved email [accessnairn@gmail.com](mailto:accessnairn@gmail.com)

### Healthcare Improvement Scotland

#### Type 1 and 2 Diabetes Volunteers

*Online, Flexible*



The Scottish Intercollegiate Guidelines Network (SIGN) develop national clinical guidelines for NHS Scotland, and they're looking for people with lived experience of type 1 and 2 diabetes to join multidisciplinary groups to undertake work on our upcoming diabetes guideline.

SIGN develops guidelines for health and social care staff in Scotland in order to help professionals, service users, carers, and patients understand scientific evidence so that they can make decisions about a person's care.

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### **VOLUNTEERING AT Forres Town Hall**

WE ARE LOOKING FOR VOLUNTEERS  
FOR REGULAR ACTIVITIES. JUST A  
LITTLE OF YOUR TIME CAN MAKE A  
HUGE DIFFERENCE TO YOUR  
COMMUNITY!

For more information contact Lindsey on  
01309 674 388 or [lindsey@forresarea.org](mailto:lindsey@forresarea.org)



**Do you have a little time to help someone else each week?**

Could you help with:

Taking someone shopping? Picking up a prescription? Helping someone go to an activity? Making tea & coffee? Phone someone regularly who might be lonely? Have a chat with Lindsey to find something you'd like give your time to!

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