

VSA Bookshop

Volunteers are needed to help out at the bookshop which enables people to buy books at bargain prices.

More opportunities

Other volunteering opportunities within VSA include helping out at the following:

> VSA Easter Anguston Farm.

A training farm for young people with learning difficulties.

> VSA Linn Moor School.

A residential school for children with a range of additional support needs

> VSA Richmondhill House

A residential establishment that works with children and families to promote their development and wellbeing.

References and Checks

Volunteers will be required to provide references. Following recent legislation there may also be a requirement to carry out a criminal record check, now called a Disclosure.

Training and Support

Some of the opportunities require training sessions which are a necessary part of being a volunteer with that project.

Regular support group meetings and training sessions are an integral part of many VSA schemes.

Contact us

For more information on anything mentioned in this leaflet contact the VSA Volunteer Co-ordinator.

Tel: **01224 358143**

Email: **Volunteer.Centre@vsa.org.uk**

www.vsa.org.uk/volunteer

If you need this or any of our other information in an alternative format, (large print, audio tape, etc.) or in an alternative language please contact us on the telephone number above.



Volunteering with VSA

Opportunities for volunteering in the community



“Every volunteer represents a helping, caring heart. This is what VSA is all about.”

VSA Volunteer

VSA offers a wide range of volunteering opportunities which support the following services and make a difference to the lives of people most in need in our community.

Family Support Project

A scheme where volunteers support children in lone-parent families, giving two or three hours a week on a flexible basis.

Playgroup

The VSA Children's Society Playgroup brings together pre-school children with special needs and other local children. Volunteers assist the organisers of the playgroup.

Contact Centre

Volunteers are needed to help at the centre. It provides a relaxed place for children to spend some time with the parent who no longer lives with them.

Fun Clubs/After School clubs

VSA has a range of fun clubs and after school clubs for children with additional support needs. Volunteers assist in activities at the clubs.

VSA St. Aubins Project

Provides support for people with a history of mental health problems in accommodation throughout the city. Volunteers can offer companionship for residents who may be socially isolated.

Connect

A befriending scheme for people experiencing mental health problems, who are socially isolated. Volunteers are required to give a little time to befriend people.

VSA Agelink Befriending Scheme

Befriending older people in the Seaton and Tillydrone Areas. Volunteers can choose to spend time with people on a one-to-one basis or take part in our group activities.

Weekend Day Care

Flexible day care at the weekend for older people with dementia. Activities are based on social and craft skills. Those attending enjoy company and stimulation while their carers have a break and volunteers play a part in this.

Leisure Activities in Residential Settings

At VSA's care establishments volunteers can get involved in social and leisure activities with residents and assist in practical areas such as driving.

VSA Carers Services

There is a range of volunteering opportunities with young carers. Activities include crafts, homework groups and outdoor pursuits. There is also a variety of opportunities through VSA Carers Centre based in Belmont Street.



“Whatever their age, volunteers play a crucial role in supporting the local community and making a difference to the lives of others.”

Kenneth Simpson
Chief Executive, VSA

