



Voluntary Work & Mentoring Scheme

Current Volunteering Opportunities

For more information about these or other volunteering opportunities, or to get in touch with any of the participating organisations, please contact Lesley McAleavy, Student Liaison Officer/Administrator in room M434, at volunteerandmentor@gcal.ac.uk or on 0141 331 8724.

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3D Drumchapel

3D Drumchapel is a family project that works with children of all ages. They aim to provide a facility for children, young people and families in the Drumchapel area and to promote a better lifestyle by giving opportunities to increase self-esteem. They have a range of social, skill-increasing and supportive term-time activities, including creches, after school clubs and youth clubs. They always welcome volunteers to help.

Website: n/a

Aberlour South East Befriending

Aberlour is the largest, solely Scottish, children's charity and provides help to over 6,000 of Scotland's most vulnerable children, young people and their families each year. Their South East Befriending Service aims to support young people aged 5-13 years who are adversely affected by parental substance (drug and alcohol) use. Trained adult volunteers are supported to take a young person out for a few hours each week to do something fun in the community. You are given a weekly budget to take part in activities, which may be a hobby the young person has or would like to try. The role of the befriender is to offer the child or young person the opportunity to form a relationship of trust with an accepting and understanding adult who is reliable, consistent and dependable.

Website: www.aberlour.org.uk

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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Active Schools

In 2003, Active Schools was identified as a key element of the Scottish Executive's drive to get more Scots active as part of the wider Healthy Living Campaign. Active Schools aims to give school-age children the tools, motivation and opportunities to be more active throughout their school years and into adulthood. There are Active Schools teams in all areas of Scotland who are responsible for putting in place a range of planned activities in both schools and community settings to encourage children and young people's participation in physical activity and sport. There is a volunteer programme in place to help implement planned activities, e.g. organising playground games. Activities are mainly undertaken before and after school and at lunchtime.

Website: www.activeglasgow.com/activeschools

Alzheimer Scotland

Alzheimer Scotland supports the development of groups for people with early stages of dementia to "have their say". They provide day centres for people with dementia in which volunteers can help people to socialise and take part in activities and outings, and to give carers a break. There may also be opportunities to support people to attend group meetings, for example, providing help travelling back and forth and practical support within the meetings.

Website: www.alzscot.org

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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BefriendER

BefriendER is a Voluntary Action initiative which aims to tackle isolation and social barriers that affect people throughout East Renfrewshire. They offer two services. The first is Supported Volunteering, which aims to support those with a learning disability, sensory impairment, mental health difficulty, long term ill health or low self esteem. Volunteers act as a 'buddy', supporting an individual as they undertake a placement, such as working with animals, in a cafe or office work. The second service offered is their Older People's Programme for which volunteers are sought to offer companionship to socially isolated people over 60 years of age. Befrienders may visit people in their homes or take them out, either one to one or in small groups.

Website: www.voluntaryaction-er.org.uk

Capability Scotland

Capability Scotland provides a wide range of services to disabled people across Scotland and has lots of opportunities for volunteering. This may include: supporting pupils in a school, residential facility or within after school care services; befriending young people with cerebral palsy, autism, Asperger's Syndrome, ADHD or epilepsy; supporting adults within their own homes, including people with physical and/or learning disabilities, sensory impairments or mental ill health; supporting adults within residential services either within the residential home or to get out and about; supporting adults within day services. This can include providing support in education and learning, healthy living information, sport, arts or recreation activities. Volunteers are matched to services based on their own particular interests and skills.

Website: www.capability-scotland.org.uk

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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Carers Information & Support Line

The Carers Information and Support Line was developed to be the first point of contact and support to carers in Glasgow. It is specifically targeted at people who have found themselves in a caring role and are unsure where to go for support. They aim to provide up to date information; access to local services; referrals and signposting to Carers Support Services; emotional support and a friendly listening ear. They have opportunities available to staff the helpline, providing information and support to carers across Glasgow.

Website: www.crossroads-scotland.co.uk

Carers Link East Dunbartonshire

Carers Link provides information and support to informal carers (anyone who is looking after someone, such as a family member or friend), their families and to people who may work with carers in East Dunbartonshire. They do this through awareness raising, providing information, advocacy, one to one and group support and through a telephone support line. Trained volunteers can get involved in various aspects of the service, such as providing telephone and email support to carers; helping out at support groups; meeting carers on a one to one basis to offer support and a friendly listening ear; helping staff in the office.

Website: www.carerslink.org.uk

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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Church in the Mount Befriending Service

Church in the Mount provides a befriending service to older, disabled, housebound and isolated people living in the Mount Florida area. A befriender will spend time on a one to one basis with a recipient, either in their homes or out and about.

Website: n/a

Citizens Advice Direct

Citizens Advice Direct provides a free, independent, impartial and confidential telephone advice and information service. As a generalist advice and information service, Citizens Advice Direct aims to increase people's access to advice and information and empower them with the tools, knowledge and confidence to resolve their issues. Enquiries from clients are typically about: purchases and household repairs; employment issues; legal issues; home issues; money, debt and bills; benefits and tax; divorce/ separation or family issues but can be almost anything else. Volunteers are trained and supported to take calls from across Scotland. These telephone advisers then diagnose the issues involved for the client and advise on available options. Where appropriate, clients are referred to a local citizens advice bureau or other partner agencies.

Website: www.citizensadvice.org.uk

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Clippens School

Clippens School is a school for pupils aged 5-19 with severe and complex needs. In addition to a primary and secondary school, they also have an integrated Lismore Unit, which is for pupils of all ages who present with autism, learning difficulties and behavioural difficulties. Pupils are supported in 3 classes, with a focus on individualised behaviour management systems to reduce the barriers to learning and teaching.

Website: www.clippens.renfrewshire.sch.uk

Cornerstone Community Care

Cornerstone Community Care offers support to people with a range of needs. Primarily they offer services for people with learning disabilities but also support people with, for example, physical disabilities, autism or Asperger's Syndrome, head injuries, dementia. They are looking for volunteer befrienders to be matched to individuals supported in services across Scotland. Volunteers meet up with an individual on a regular basis to do fun things that they both enjoy, like going to the cinema or to a concert or out for a drink. There are also opportunities to get involved in group activities like day trips or within drop in services or service-user led projects like community cafes.

Website: www.cornerstone.org.uk

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ENABLE Glasgow

ENABLE Scotland campaigns for a better life for children and adults with learning disabilities and supports them to participate, work and live in their local communities. Their Glasgow service has many opportunities for volunteers to get involved, depending on your own area of interest. This may be, for example, befriending individuals or supporting group activities in day or residential centres; supporting a self advocacy group; supporting service users to participate in community activities or to attend college; supporting individuals to live within their own homes or assisting with the delivery of training for service users within an employment project. Volunteers are matched to services based on their own skills and particular interests.

Website: www.enable.org.uk

Equal Say

Equal Say is an independent advocacy organisation for people with learning disabilities and mental health problems. They identify people most in need of support and recruit volunteer advocates from the local community to help them to achieve what is important to them. There are 2 different volunteer roles: Citizen's Advocates are matched to an individual and, over a long-term period, support and help them meet their goals or to address particular issues and problems they may be facing, e.g. with housing or service providers. Crisis Advocates are matched to individuals to support them for one particular issue only, e.g. to attend a Mental Health Tribunal or Children's Panel.

Website: www.equalsay.org

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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Glasgow Association for Mental Health

Glasgow Association for Mental Health (GAMH) provides support to people experiencing mental health difficulties and their carers. Amongst other services, GAMH runs a befriending service where trained volunteers are matched to an individual who has become isolated for a variety of reasons. They meet up on a regular basis to share activities and build up a relationship through listening and talking. The activities depend on the interests of the individual and the volunteer, and may include seeing a film, having a meal or staying in for a coffee and a chat.

Website: www.gamh.org.uk

Glasgow Shelter Families Project

Shelter aims to alleviate the distress of homelessness or bad housing. Shelter's Glasgow Families Project supports families (any adult with responsibility for a child) who have been accepted as homeless by the housing department. Volunteers for the project help to support families in a variety of ways, e.g., befriending adults or children within the family, helping with shopping or household activities, helping to decorate a new home, short term child minding, getting information about local services and support. There may also be opportunities to support children with educational issues, e.g. providing homework support.

Website: www.shelter.org.uk

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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Glasgow Volunteer Centre

Glasgow Volunteer Centre holds a database of many different volunteering opportunities across the city. You can become involved in a wide range of projects, for example, befriending, mentoring, advocacy, counselling, working in support groups or sport groups, working in schools or tutoring. The Volunteer Centre will help you to find a suitable opportunity, depending on your own goals and interests.

Website: www.volunteerglasgow.org

Govan Homework Clubs

Govan Homework Clubs are run by the Fast Forward Project and aim to provide a mixture of tutoring and fun activities to primary school children in the Govan area. Trained volunteers are asked to commit to at least one session per week, straight after school, to go out to a local school and support pupils with homework, as well as engage them in fun activities.

Website: n/a

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GRDSS Befriending

GRDSS (Glasgow Rent Deposit and Support Scheme) aims to enable homeless people to gain access to quality private rented accommodation. They provide landlords with a bond guarantee that they will cover any damage or theft to the property caused by the tenant in lieu of a deposit. They also provide support for clients to enable them to remain in their tenancy. GRDSS has set up a befriending service for clients who have experienced homelessness and are looking for volunteers to help. Volunteers are matched to a client to form a one to one relationship with the aim of supporting them to sustain their tenancy.

Website: www.grdss.org

Hansel Fairway Project

Hansel's Fairway Project aims to support young people with disabilities who are making the transition into adulthood. The Project is looking for volunteer peer mentors (aged 16-25) to support young disabled people to access everyday, age appropriate social and leisure activities. The aim is for the young person to develop appropriate social skills for adulthood, increase their confidence and build a friendship circle. Mentors are trained and supported, and are given the opportunity to develop career related skills whilst going out with new friends for free! Opportunities are currently in the Ayrshire area.

Website: www.hansel.org.uk

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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Headway Glasgow

Headway Glasgow supports people affected by brain injury and welcomes volunteers to support their services. You can support drop-in groups for adults with acquired brain injury. These groups meet weekly and undertake different activities including games, relaxation therapies, quizzes, newsletter planning etc. Volunteers plan and implement activities and interact with and engage members. You can also volunteer within a weekly art group which is similar to the drop-in groups but the activities are mainly painting, crafts, drawing etc. Volunteers can also drive members to and from groups and become involved in monthly or periodic activities like meals out, discussion groups and day trips.

Website: www.headway.org.uk

Hillpark Network

Hillpark Network is an integrated provision in Hillpark Secondary School. It is a befriending scheme for young people (secondary school age) with autism and Asperger's Syndrome. Volunteers initially go along to lunchtime clubs before being matched to individual pupils. The aim of the befriending scheme is for pupils to go out and about with a befriender to improve their confidence and skills. This could be to the cinema, to the shops, to the library - it really depends on the interests of the pupil and their befriender.

Website: [http://www.hillpark-sec.glasgow.sch.uk/\(jsopokijnwxly0ngg3tj5fqc\)/Default.aspx](http://www.hillpark-sec.glasgow.sch.uk/(jsopokijnwxly0ngg3tj5fqc)/Default.aspx)

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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Jeely Piece Club

The Jeely Piece Club is based in Castlemilk and offers services for the local community and beyond. They have a nursery and Playzone that cater specifically for children and also provide support, activities and services to parents. They have a Learning and Training Centre and cafe which local people can access. The Jeely Piece Club has opportunities for volunteering within their play groups as a play worker. Play workers assist the Playzone team in the care of children and in delivering a play programme to groups of children aged 5-12 years. They assist or lead sessions (after training) in face painting, games, outdoor play, arts and crafts, door duties or working in the Cyber Space. It is also expected that volunteer play workers attend play team meetings.

Website: www.jeelypiececlub.org.uk

LEAD Scotland

LEAD Scotland (Linking Education and Disability) is a voluntary organisation set up to widen access to learning for disabled young people and adults and carers across Scotland. Learners can have physical or learning disabilities and are supported by LEAD to develop a wide range of skills, depending on their goals and interests. This could be learning to play an instrument, speak a language, paint, write creatively, send an email or develop IT skills, brush up reading and writing skills. LEAD Organisers can help learners decide what they want to learn and how best to go about it, and trained volunteers work on a one to one basis to support learners and help them meet their goals. This can be in the learner's home or in a community setting like a library.

Website: www.lead.org.uk

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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Lodging House Mission

Lodging House Mission operates within a Christian framework as a Day Centre, Drop-In Cafe and Church for Glasgow's homeless, hostel dwelling and resettling communities. They offer a wide range of services in order to cater for their clients' diverse needs. These services include a cafe, access to shower facilities, emergency clothing store, help and support from care staff, chaplaincy service and education and activities programme. They have a number of volunteers and students supporting their work, ranging from interacting and engaging clients on a one to one basis, to delivering a class or activity.

Website: www.lmhglasgow.org.uk

MacMillan Cancer Information & Support Service

MacMillan Cancer Support has partnered with the NHS and Glasgow Culture & Sport to set up a new project to ensure that anyone affected by cancer has access to good quality, comprehensive and appropriate information and support. They are setting up a drop-in area within Easterhouse Library to offer anyone who wishes to access the service a friendly listening ear; confidential support; time to talk; benefits advice; counselling, complementary therapies; links to local support, and a place to meet others in a similar situation. They are looking for volunteers to help staff and run the service. Full training and support will be provided.

Website: n/a

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Momentum

Momentum works in partnership throughout Scotland to help disabled and other excluded people reach their goals and remain active in their communities, through the provision of mainstream education and personal support services. They are currently piloting their Pathways Project, which aims to help people with acquired brain injuries, either in their own homes or to get back into work or education. They are looking for volunteer befrienders to boost the confidence and self-esteem of adults with acquired brain injury in the Glasgow area.

Website: www.momentumscotland.org

MondoChallenge

MondoChallenge is a not-for-profit organisation that sends volunteers to help with development programmes in Africa, Asia and South America. The programmes are community-based which means the volunteers live and work alongside local people. They support over 60 different projects and the average time spent by a volunteer on a project is 3 months (although it can be as little as one month or as long as a year). In order to fund the programme costs - including some development work - and make the programme sustainable, volunteers pay a contribution to MondoChallenge and cover their own flights, insurance and lodgings (usually around £15-20 per week). MondoChallenge keeps its overheads as low as possible and is not a funding organisation.

Website: www.mondochallenge.org

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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National Autistic Society

National Autistic Society champions the rights of people with autism to ensure they and their families receive services appropriate to their needs. Opportunities are available for volunteer befrienders - for children, teenagers and adults and also for family members of people with autism. Befrienders offer a supportive one to one relationship between someone affected by an autistic spectrum disorder or a member of their family. This usually involves going out and about once a week to do something fun. This may be seeing a film, going to the park or to a gallery etc, depending on the interests of the individual and the befriender.

Website: www.nas.org.uk

NHS Greater Glasgow and Clyde

Volunteers have been an integral part of the NHS in Glasgow and Clyde since its inception in 1948. No previous experience is needed, just an interest and enthusiasm to help others. There are a range of opportunities to volunteer with patients experiencing mental health problems across the city, including volunteering within hospital wards, either befriending patients one to one or undertaking activities with patient groups and helping to organise recreation groups etc. There are also opportunities to volunteer outwith the area of mental health, supporting patients in a variety of roles and settings.

Website: <http://www.nhsggc.org.uk/content/default.asp>

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Prince and Princess of Wales Hospice

The Prince & Princess of Wales Hospice, located beside the River Clyde in Glasgow City Centre. There are lots of different ways in which volunteers can get involved, including within the Hospice itself, fundraising in the community and in the Hospice shops. Within the Hospice, volunteers can get directly involved in care, helping staff and befriending patients either within the day centre or wards and providing bereavement support. They can also volunteer in the library or cafe, at reception, as drivers etc. The Volunteer Coordinator will work with volunteers to find the most suitable opportunity for them depending on their interests and goals.

Website: www.ppwh.org.uk

Quarriers

Quarriers provides support and care for people with a disability; children and families; young people; people with housing support needs; people with epilepsy, and carers. Quarriers is a large organisation and there are many volunteering opportunities available, including befriending, swimming or supporting hobbies, coaching/mentoring, archiving, research, IT, gardening, fundraising, volunteer driving, tutoring, assisting at support groups etc. The Volunteer Coordinator will work with you to find the right opportunity to meet your own particular interests and goals.

Website: www.quarriers.org.uk

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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RaMPS Befriending Youth Scheme

Renfrewshire Council's social work department introduced the RaMPS Service (Reparation and Mediation/Parent Support) in 2002. They work with young people throughout Renfrewshire who are involved in offending and aim to take action at an early stage whilst offering support to parents and carers. They offer a Befriending Youth Scheme which matches trained volunteers to young people aged 8-18 years who are known to the social work department and who may be experiencing difficulties in the community as a result of their offending behaviour. Matches may also be preventative with the aim of providing a role model to the young person in order to prevent them from becoming involved in offending behaviour. Volunteers meet with a young person once a week, build up and sustain a relationship with them through talking and listening to them and through sharing a hobby or pastime.

Website: www.renfrewshire.gov.uk

Rosemount Lifelong Learning

Rosemount Lifelong Learning is a community managed charitable organisation based in the North of Glasgow that provides childcare and education for adults wishing to return to work. It aims to reduce poverty by providing high quality childcare and increasing lifelong learning opportunities. There are opportunities to volunteer within their Men's Group, supporting men experiencing a variety of barriers to education, including addictions and mental health problems.

Website: www.rosemount.ac.uk

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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RNID

RNID (The Royal National Institute for Deaf People) helps people to identify whether they have a hearing loss and works to make daily life better for people who are deaf or hard of hearing. This is done through campaigns, providing information, products and services, and through support of scientific and technological research. Volunteers are essential to the work of RNID and they have flexible opportunities across Scotland, whether you are able to volunteer weekly, monthly or as a one off. Opportunities include outreach work, which involves educating people on deafness and hearing loss; fundraising, research and marketing, campaigning (e.g. raising awareness of the dangers of loud music); employment aid (helping members of RNID to find appropriate work); and interviewing and providing inductions for new volunteers. Full training, support and expenses are provided.

Website: www.rnid.org.uk

SCOPE Project

Glasgow Association for Mental Health has set up a new project to provide a city wide volunteer befriending service to older people with mental health problems and older carers of people with mental health problem, known as the SCOPE Project (supporting older carers and older people through befriending). The project will have a particular focus on reaching those older people and older carers from minority groups within the local communities. Trained volunteers will be matched to an older person with a mental health problem, or an older carer of someone with a mental health problem, to meet up once a week and support them to re-integrate into the community.

Website: www.gamh.org.uk

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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Spark of Genius

Spark of Genius is a unique independent school which has developed a new approach to re-focussing young people who have had problems maintaining a place in mainstream education. Pupils learn largely by using IT and the school's approach centres around raising self esteem of pupils by showing them that they are valued and can have successful futures. They have 6 learning centres across Scotland and every year there are opportunities for a limited number of students to volunteer within classes at these centres.

Website: www.sparkofgenius.co.uk

Tak Tent Cancer Support

Tak Tent Cancer Support promotes the care of cancer patients, their families, carers and friends. They provide accurate information to patients and families, counselling, complementary therapies and group support to give people a place to talk, share experiences and meet new people. They have different support groups for people affected by cancer, including a contact group for young people aged 16 and over. This group meets fortnightly for both support and social purposes and organises various activities, including pub quizzes, race nights and nights where speakers along to share their experiences and expertise with the group. They welcome volunteers to help.

Website: www.taktent.org

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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The Initiative

The Initiative's Peer Advocacy Project promotes volunteering opportunities for refugees, asylum seekers and members of the community, as well as promoting advocacy and integration support for newly arrived or isolated asylum seekers. You can volunteer as a Citizen's Advocate where you would meet with an individual asylum seeker or refugee to offer them practical and emotional support to settle into Glasgow. This may be by accompanying them to the post office or the bank, or by ensuring they know how to access services etc. You can also volunteer in Community Training, where you would provide sessions for visiting parties in the community around refugee issues, raising awareness of refugees and asylum seekers and dispelling any myths that may be in place.

Website: www.gorbals-init.org.uk

Unity Enterprise

Unity Enterprise has a range of volunteering opportunities available, including helping out at their Independence Options services. These services support adults with learning difficulties to achieve their full potential within the community. They provide support in employment, education, leisure and recreation and in personal development. You can also volunteer at their Training Options services which provide training support for young people aged 16-18 who have experienced barriers to employment, e.g. a lack of self confidence, motivation or qualifications. Unity Enterprise supports these young people to overcome any barriers and move into employment or further education.

Website: www.unity-enterprise.com

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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Victim Support

Victim Support Scotland provides support for anyone affected by crime. They provide practical and emotional support to victims of crime through a network of trained volunteers, via face to face meetings (either in the victim's own home, or at Victim Support offices) and over the phone. Volunteers also provide information about the Criminal Justice System and assistance to complete Criminal Injuries Compensation claims. Volunteers are given full training and support.

Website: <http://www.victimssupportsco.org.uk/page/index.cfm>

Volunteer Tutors Organisation

The Volunteer Tutors Organisation (VTO) provides free, one-to-one tutoring to children and young people in the Greater Glasgow area who are experiencing difficulties with their education. The organisation has been operating for 30 years and supports over 150 children every year through a network of voluntary tutors. The majority of children are between the ages of 10 to 14, although they do cover the whole school age range from 6 - 18 years. Most of the children need help with basic reading, spelling, writing and number work. Tutoring offers an opportunity for one-on-one interaction, focused support for children's problem areas and a welcome break from typical classroom situations. It also reinforces the child's confidence, competence and social skills. Volunteers are trained and are asked to commit to an hour with a pupil each week.

Website: www.vtoglasgow.ik.com

For info/to apply: volunteerandmentor@gcal.ac.uk or 0141 331 8724

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West Dunbartonshire Volunteer Centre Befriending Project

Volunteer Centre West Dunbartonshire offers a befriending service for isolated older people across West Dunbartonshire. The project is open to those over 60 who are socially isolated, either in their own home, within sheltered accommodation or other community settings. Volunteers are trained to provide social support and companionship within the boundaries of a befriending relationship. Befrienders may be involved in home visits or helping individuals to participate in social activities.

Website: www.wdcvs.com

Witness Service

The Witness Service is run by Victim Support Scotland, the national voluntary organisation providing emotional support, practical assistance and information to crime victims via community based services across Scotland. The Witness Service supports people through the judicial process by providing practical and emotional support. This confidential facility is set up in the court building and is provided by trained volunteers. The service is free and is available to all victims and witness who are called to court; those who are not called to court and families and friends of victims and witnesses.

Website: <http://www.victimsupportsco.org.uk/page/witnesses.cfm>

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Young Person's Befriending Project

The Young Person's Befriending project is a befriending service for young people aged 8-18 years who need support in the Glasgow area. They recruit, train and prepare adult volunteers and match them to a young person to build a relationship based on sharing activities and spending fun time together. The aim is to give the young person a greater degree of self confidence and emotional growth, a greater capacity to form and maintain relationships and an enhanced ability to make use of their own personal resources and access wider community resources. Glasgow Volunteer Centre recruits for this project.

Website: <http://www.volunteerglasgow.org/befriending/youngpeople.asp>