Volunteering Opportunities

March 2020
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Receptionist  
with Dalkeith & District Citizens Advice Bureau  
**Description:** As the clients’ first point of contact you’ll be asked to welcome clients, explain waiting times, arrange appointments and answering the phone.  
**When?** Monday to Thursday morning and afternoon.  
**Commitment?** This opportunity requires a commitment of 4 hours per week for at least 6 months.  
**Where?** The CAB office is in the centre of Dalkeith and is easily reached using Lothian bus services from Edinburgh and the outlying towns around Dalkeith  
**Minimum age:** 16

Despatcher  
with Handicabs HcL  
**Description:** Answer incoming calls to book transport for local people. We provide a door-through-door service for those with mobility challenges – elderly, disabled, health issues, geographic remoteness.  
**When?** Monday to Friday morning and afternoon.  
**Commitment?** Would require a commitment of 4 hours per day.  
**Where?** 24/3a Dryden Road, Bilston Glen Industrial Estate, Loanhead, EH20 9HX  
**Minimum age:** 16

Support Administrator/Receptionist  
with Midlothian Young Peoples Advice Service  
**Description:** To support the counselling staff at MYPAS with general admin/reception work  
**When?** Thursday and Fridays  
**Commitment?** Requires a commitment of 4 hours per week for at least 6 months.  
**Where?** The MYPAS office is in the centre of Dalkeith and is easily reached using Lothian bus services from Edinburgh and the outlying towns around Dalkeith  
**Minimum age:** 18
Advice/Information Giving

NSPCC School Service Volunteer
with NSPCC Schools Service

**Description:** Our Speak out Stay safe programme is protecting a generation of children against abuse one primary school at a time. And we want you to join us.

**When?** Monday—Friday mornings and afternoon.

**Commitment?** 2 school assemblies per month (during term time) for a minimum of 1 year.

**Where?** Primary Schools throughout Edinburgh and Lothians.

**Minimum age:** 18

Visitor Services Volunteer
with Rosslyn Chapel Trust

**Description:** Would you like to play a key role in the visitor experience at Rosslyn Chapel? We are looking for volunteers to meet and greet visitors and support visitor services operations, which includes explaining how the leaflet guide works to visitors, handing out leaflets, talking to visitors, etc.

**When?** Monday—Saturday morning and afternoon and Sunday afternoon

**Commitment?** Weekly

**Where?** Rosslyn Chapel

Community Connecting Volunteer
with Age Scotland

**Description:** 240,000 people in Scotland regard the television or a pet as their closest companion. We aim to tackle social isolation on a practical level through our Community Connecting Service - and we need your help!

**When?** Monday to Friday morning and afternoon.

**Commitment?** 3 - 4 hours per week for at least 6 months.

**Where?** Lothian Bus Routes 3, 5, 7, 8, 29, 31, 37, 47, 49 and 300 Skylink (to/from Newington Road) and 42, 67 (to/from our front entrance). Waverly Train Station is 16 minutes away on a bus.

**Minimum age:** 18

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Volunteer Advisors
with Dalkeith & District Citizens Advice Bureau

Description: Volunteer Advisors are needed to help our Bureau provide advice to members of the public on a wide variety of issues such as benefits, debt, housing, employment, energy and consumer problems. Full training will be given to equip you to fulfil the adviser role. You don’t need to know “everything about anything” to be one of our Advisers – the information you need to present to people is all contained in our extensive knowledge database.

When? Monday—Friday mornings and afternoon.

Commitment? Volunteers must be able to dedicate at least 6 hours per week to the role.

Where? Citizen’s Advice Bureau, Buccleuch Street, Dalkeith. Office is located in the centre of Dalkeith (close to all local bus stops and car park). Lothian Buses 3, 48, 39, 40 & 49.

Minimum age: 16

Volunteer Advisor
with Penicuik Citizens Advice Bureau

Description: Are you seeking opportunities to gain valuable training and workplace experience? Interested in helping people deal with a wide range of issues? Willing to commit to at least 6 hours per week and over 18? We offer full training and on going support and an opportunity to undertake training in areas such as money advice, consumer problems and employment law.

When? Monday to Thursday morning and afternoon and Friday morning.

Commitment? 6 hours per week

Where? Penicuik CAB 14a John Street, Penicuik. Lothian buses 37, 47, 40 & 15/15A.

Minimum age: 18
Local Contact Volunteer
with Fertility Network Scotland
Description: Local Contact volunteers will help to support people who face the challenges of childlessness in their local area by developing friendships, reduce isolation by organising social activities and helping those who need much needed support.
When? Hours are flexible.
Commitment? There is no minimum commitment.
Where? In volunteers own area.
Minimum age: 18

Support Group Volunteer
with Fertility Network Scotland
Description: Co-ordinate and run a support group in local area for people experiencing fertility problems with trying to become parents.
When? Hours are flexible.
Commitment? There is no minimum commitment.
Where? Across Midlothian.
Minimum age: 18

Student Ambassador Volunteer
with Fertility Network Scotland
Description: An opportunity to represent and raise awareness of Fertility Network Scotland within your place of education and local area and help to support people with fertility issues.
When? Hours are flexible.
Commitment? There is no minimum commitment.
Where? In volunteers own area.
Minimum age: 16

Main Contact Volunteer
with Fertility Network Scotland
Description: Main Contact volunteers will help to support people who are facing fertility issues in their local area by developing friendships, recruit new volunteers, and reduce isolation by organising social activities and helping those who need much needed support by providing advice and peer support.
When? Hours are flexible.
Commitment? There is no minimum commitment.
Where? In volunteers own area.
Minimum age: 18

General Volunteer
with Fertility Network Scotland
Description: General volunteers will distribute charity literature / attend events in the local area.
When? Hours are flexible.
Commitment? There is no minimum commitment.
Where? In volunteers own area.
Minimum age: 16

Local Contact Volunteer
with Fertility Network Scotland
Description: Local Contact volunteers will help to support people who face the challenges of childlessness in their local area by developing friendships, reduce isolation by organising social activities and helping those who need much needed support.
When? Hours are flexible.
Commitment? There is no minimum commitment.
Where? In volunteers own area.
Minimum age: 18

Support Group Volunteer
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When? Hours are flexible.
Commitment? There is no minimum commitment.
Where? Across Midlothian.
Minimum age: 18

Student Ambassador Volunteer
with Fertility Network Scotland
Description: An opportunity to represent and raise awareness of Fertility Network Scotland within your place of education and local area and help to support people with fertility issues.
When? Hours are flexible.
Commitment? There is no minimum commitment.
Where? In volunteers own area.
Minimum age: 16

Main Contact Volunteer
with Fertility Network Scotland
Description: Main Contact volunteers will help to support people who are facing fertility issues in their local area by developing friendships, recruit new volunteers, and reduce isolation by organising social activities and helping those who need much needed support by providing advice and peer support.
When? Hours are flexible.
Commitment? There is no minimum commitment.
Where? In volunteers own area.
Minimum age: 18

General Volunteer
with Fertility Network Scotland
Description: General volunteers will distribute charity literature / attend events in the local area.
When? Hours are flexible.
Commitment? There is no minimum commitment.
Where? In volunteers own area.
Minimum age: 16

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Advocacy/Human Rights

Collective Advocacy Participant - ‘Much More Than A Label’ Personality Disorder Project

with CAPS Independent Advocacy

Description: This role involves using your own lived experiences of Living with a Personality Disorder in a positive way to raise awareness and campaign for change.

Do you have personal lived experience of a Personality Disorder? Would you like to raise awareness of Personality Disorders, campaign for change, improvements in services and fight against stigma? ‘Much More Than A Label’ Personality Disorders Collective Advocacy project are looking for people who identify with having lived experience of Personality Disorders to join this exciting, active and innovative project.

When? This opportunity takes place Monday - Friday morning and afternoon.

Commitment? Would require a commitment of 2 hours per month.

Where? Edinburgh City Centre and various locations across the Lothians, accessible by bus/train.

Minimum age: 18

Participant Midlothian Voices Collective Advocacy Project

with CAPS Independent Advocacy

Description: Do you have personal lived experience of Mental Health, would you like to use this experience to fight against stigma and campaign for positive change and improvements in services in your area. Midlothian Voices and CAPS are looking for people with lived experience of mental health issues to join this innovative and exciting project.

When? Takes place on Tuesday - Thursday morning and afternoon.

Commitment? CAPS /LEARN will try to work around volunteers existing commitments and will agree time commitments as a group where possible.

Where? Edinburgh City Centre and various locations across the Lothians, accessible by bus/train.

Minimum age: 16
Volunteer Advocacy Promotion with CAPS Independent Advocacy

**Description:** LEARN (Lothian Education and Recovery Network) and CAPS are looking for people with lived experience of using mental health services to help with raising awareness of and promoting the benefits of Independent Advocacy.

**When?** Takes place on Tuesday - Thursday morning and afternoon.

**Commitment?** CAPS/LEARN will try to work around volunteers existing commitments and will agree time commitments to suit individual volunteers where possible.

**Where?** Edinburgh City Centre and various locations across the Lothians, accessible by bus/train.

**Minimum age:** 18

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Volunteer LEARN Trainer, Understanding Borderline Personality Disorders (Much More Than a Label) with CAPS Independent Advocacy

**Description:** Do you have lived experience of living with Borderline Personality Disorder? Would you like to raise awareness of BPD and promote changes in attitudes and improvements in services? LEARN (Lothian Education and Recovery Network) looking for people who identify as having lived experience of Borderline Personality Disorder to help deliver experience led training courses raising awareness of BPD and encouraging changes in attitudes and services.

**When?** Takes place on Monday - Friday morning and afternoon.

**Commitment?** CAPS/LEARN will try to work around volunteers existing commitments and will agree time commitments to suit individual volunteers where possible.

**Where?** Edinburgh City Centre and various locations across the Lothians, accessible by bus/train.

**Minimum age:** 18

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Volunteer for Eating Disorder Collective Advocacy Project with CAPS Independent Advocacy

**Description:** CAPS require a young person age 16 - 26 to work with CAPS collective advocacy team to raise awareness of eating disorders. The role involves talking about and sharing personal experience of eating disorders with groups of young people in various community settings.

**When?** Would require a commitment of 1 hour per week, this opportunity takes place on a Mon - Fri in the morning and afternoon.

**Commitment?** Would require a commitment of 1 hour per week.

**Where?** EH217PQ however workshops take place throughout the Lothians

**Minimum age:** 16

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Volunteer for CAPS/LEARN
Advocacy Promotion

with CAPS Independent Advocacy

**Description:** CAPS are looking for a friendly and approachable individual to provide information on Advocacy Services and how Independent Advocacy might help others.

You will be offered the opportunity to promote CAPS Independent advocacy at events throughout the Lothians. CAPS also have a stall at the Information station Walpole Hall. The Information Station is a one stop shop acting as a source of support, information and sign posting. CAPS provides an Information Stall at this weekly event and will provide training and guidance for volunteers.

**When?** Takes place on a Thursday morning and afternoon.

**Where?** The opportunity is accessible by bus.

**Minimum age:** 18
Arts (music/drama/crafts)

Assistant in Music
with Beeslack Family Disabled Club

**Description:** Do you have skills playing music and instruments that you would like to share with people who are eager to learn? Could you bring some happiness into their lives? Opportunity to work in a music and creative environment.

**When?** Takes place weekly on a Sunday 12.30 – 4.00 p.m.

**Commitment?** Takes place weekly on a Sunday 12.30 – 4.00 p.m. Would require a 6 month commitment.

**Where?** Beeslack Community High School Penicuik, Midlothian EH26 0QF

**Minimum age:** 16

Assistant in Arts & Crafts
with Beeslack Family Disabled Club

**Description:** Do you have artistic skills that you would like to share with people who are eager to learn? Could you bring some happiness into their lives? Opportunity to work in a craft environment/gardening.

**When?** Takes place weekly on a Sunday 12.30 – 4.00 p.m.

**Commitment?** Takes place weekly on a Sunday 12.30 – 4.00 p.m. Would require a 6 month commitment.

**Where?** Beeslack Community High School Penicuik, Midlothian EH26 0QF

**Minimum age:** 16
Volunteer Activities

Club Leader

with Rosewell Development Trust

*Description:* You will help plan and deliver a children’s arts and craft club. These will be for children under 5 and their families. No two sessions will be the same as we hope to make lots of different and exciting crafts.

*When:* Wednesday and Thursday afternoon, Friday morning and afternoon.

*Commitment:* 3 hours per week but this may vary depending on work load.

*Where?* Rosewell Development Trust, 85 Carnethie Street, Rosewell.

*Minimum age:* 16

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Chatter and Clatter Play Volunteer

with Rosewell Development Trust

*Description:* You will help plan and deliver a children and families craft and play club. No two sessions will be the same as we hope to make lots of different and exciting crafts for families to have fun, learn from and engage with.

*When?* Takes place on a Friday morning.

*Commitment?* Would require a commitment of 3 hours per week. This may vary depending on work load.

*Where?* The group runs at Rosewell Development Trust, 85 Carnethie Street, Rosewell.

*Minimum age:* 14

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RASCALS Arts and Crafts Volunteer

with Rosewell Development Trust

*Description:* You will help plan and deliver craft club sessions to Primary school age children at our RASCAL’S arts and crafts club. No two sessions will be the same as we hope to make lots of different and exciting crafts.

*When?* Takes place on a Thursday afternoon.

*Commitment?* Would require a commitment of 2 hours per week. This may vary depending on work load.

*Where?* The group runs at Rosewell Development Trust, 85 Carnethie Street, Rosewell.

*Minimum age:* 14
Befriending/Mentoring

Transform Intergenerational Befriending

with Volunteer Midlothian

**Description:** Supported Befriending is a volunteering opportunity specifically aimed at young people aged 14-20 who are looking to improve social skills and confidence. Young volunteers will attend a local sheltered housing complex as a group, accompanied by a support worker, to socialise and take part in activities with the residents there.

**When?** Wednesday and Friday afternoons

**Commitment?** 2 hours per week for 6 months

**Where?** Midlothian Sheltered Housing Complexes, groups will be arranged according to location.

**Minimum age:** 14

Volunteer Befriender, Social Network Support

with Health in Mind

**Description:** Volunteer Befrienders support people who have become isolated as a result of experiencing mental health difficulties to develop skills and opportunities which in time will enable them to develop friendships on their own.

**When?** Flexible depending on when the volunteer is available.

**Commitment?** 3 hours a week, minimum commitment 6 months

**Where?** In Midlothian. Volunteers and clients arrange where and when they will meet together. Volunteers do not meet clients in their own homes. All travel expenses are reimbursed.

**Minimum age:** 16

Volunteer Mentor

with The Butterfly Trust

**Description:** Support a young adult in improving socialisation skills, broadening horizons and to explore concerns to help improve self-esteem, coping skills and their quality of life

**When?** Monday—Sunday afternoon and evening.

**Commitment?** There are no minimum hours per day or commitment expected

**Where?** We have opportunities in your area. We provide mileage expenses.

**Minimum age:** 19
Volunteer Befriender for Children and Families

with Home Link Family Support

Description: Some families are lonely, they don’t have grandparents or close friends to help out or encourage them. Could you support a family by visiting once a week for a couple of hours? Your help would make such a difference.

When? Monday—Saturday morning, afternoon and evening.

Commitment? 2 hrs per week for about 6 months

Minimum age: 18

Volunteer Mentor for Vulnerable Children and Young People

with Move On

Description: Do you have what it takes to change a young person’s life for the better? Could you spare 1 - 2 hours a week? Move On is currently recruiting our newest batch of Volunteer Mentors for our intandem project in Midlothian.

Commitment? Requires a commitment of 1-2 hours per week for 12-18 months.

When? Takes place on a Monday to Friday morning, afternoon and evening, Saturday and Sunday morning and afternoon.

Where? Locations vary across Midlothian. You’ll meet the child or young person in their home or our and about in the community. Having access to a car would be an advantage but is not essential.

Minimum age: 18

Befriender – Edinburgh & the Lothians

with RNIB

Description: Are you friendly, patient and able to build a good rapport with people? We are looking for volunteers to spend time with blind and partially sighted people both outside and in their homes.

When? Monday—Sunday morning, afternoon and evening.

Commitment? There are no minimum hours per day or commitment expected

Where? Anywhere within Edinburgh and the Lothians, all locations will be accessible by foot, bus or car.

Minimum age: 16
Social Activities Helper
– Edinburgh & the Lothian
with RNIB

Description: Help someone who is blind or partially sighted, by supporting them to attend a social activity group. We have a wide variety of groups from dominoes to rambling, all looking for volunteers.

When? Monday—Sunday morning, afternoon and evening.

Commitment? Minimum commitment of 2 hours per week or fortnight.

Where? Volunteers will assist in social groups that take place in Edinburgh, Dunbar, Musselburgh, Penicuik. All locations will be accessible by foot, bus or car.

Minimum age: 16

Mentoring Children and Young People aged 8—14
with Move On

Description: Do you have what it takes to change a young person’s life for the better? Could you spare 1 - 2 hours a week?

Move On is looking for Volunteer Mentors for our new intandem project in Midlothian.

When? Takes place Monday—Friday morning and afternoon and Saturday—Sunday afternoons.

Commitment? There is no minimum commitment.

Where? Throughout Midlothian – will give EH22 4LG (Newtongrange Library) as it’s relatively central in relation to Midlothian’s geographical area!

Minimum age: 16

Gig Buddies Volunteer
with Gig Buddies—Thera

Description: Gig Buddies enables people with a learning disability to get out to the events they love by pairing them with a volunteer who shares the same interests.

When? Can take place any day of the week.

Commitment? Would require a commitment of 4/7 hours per month.

Minimum age: 18
**Marie Curie Helper Service**
with Marie Curie

**Description:** Marie Curie Helpers provide emotional and practical support to people living with a terminal illness within Lothian. This role may involve eg companionship/emotional support, practical help, a break for families/carers, information and bereavement support.

available throughout volunteering hours, ongoing support sessions.

**When?** Takes place on a Monday to Sunday, morning, afternoon and evening.

**Commitment?** There are no minimum hours per day or commitment expected

**Where?** In the homes of the people we support eg EH10, EH18, EH19, EH20, EH22, EH23, EH24, EH25, EH26, EH37, EH46

**Minimum age:** 18

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**Volunteer Befriender, Equal Access East and Midlothian**
with Health in Mind

**Description:** Become one of our professional and trusted committed volunteers and deliver a unique mix of services and opportunities to promote mental health and wellbeing.

**Commitment?** 1 hour per week, for 6-8 months.

**Where?** Old Visitors Centre, National Mining Museum of Scotland, Newtonrange, EH22 4QN

Volunteers do not meet their clients in their own homes but arrange where and when they will meet.

**Minimum age:** 16

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**Host Family**
with Safe Families

**Description:** Do you have the capacity and the heart to host children in your home overnight in order to support and help their family situation? Volunteers need to have a heart for those who are struggling, the time to fully engage with families and an empathetic approach to others.

**Commitment?** 12 hours a month

**Where?** Volunteers must have an appropriate furnished spare bedroom

**Minimum age:** 21

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**Family Friend**
with Safe Families

**Description:** If you have a heart for getting alongside families who are struggling within your community, then becoming a family friend with Safe Families may be just the opportunity you have been looking for. Being a family friend involves spending time with a child and/or a parent on a regular basis, having fun and giving support.

**Commitment?** 2 hours a fortnight

**Where?** Throughout Midlothian

**Minimum age:** 21
Cultural Exchange Day
with Host UK

**Description:** Make the world a little friendlier! Spend a day with an adult international student in your home, learning about their culture, showing them your local area and inviting them to experience your own home life.

**When?** Takes place on Saturday and Sunday morning and afternoons.

**Commitment?** Flexible

**Where?** Takes place in the volunteers own home.

**Minimum age:** 18

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Peer Mentor
with Action for M.E.

**Description:** Volunteers will use their knowledge of living with M.E. or supporting someone else to live with M.E. to support and mentor other people living with the condition. Mentors will have training and on-going support.

**When?** Takes place Monday—Sunday morning, afternoon and evening.

**Commitment?** The commitment can be flexible decided between mentor and mentee. Would require a few hours fortnight/month.

**Where?** Travel to meetings and the location will be agreed between the mentor and the person they are mentoring.

**Minimum age:** 18

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Befriender
with Equal Futures

**Description:** Whether you are a foodie or a footie fan, a crazy kitchen dancer or an avid film buff we need you! Here at Equal Futures we like to take a fresh look at befriending and encourage volunteers that are as diverse as the people we support.

We support individuals and families by carefully matching volunteers to develop meaningful and lasting connections.

**When?** Takes place Monday—Sunday morning, afternoon and evening.

**Commitment?** Flexible

**Where?** Buses and trains available at all opportunities.

**Minimum age:** 18

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Cultural Exchange Weekend
with Host UK

**Description:** Make the world a little friendlier! Spend a weekend with an adult international student in your home, learning about their culture, showing them your local area and inviting them to experience your own home life.

**When?** Takes place on Friday and Saturday morning, afternoon and evening, Sunday morning and afternoons.

**Commitment?** Flexible

**Where?** Takes place in volunteers own home.

**Minimum age:** 18
Community Task Volunteer

with Volunteer Midlothian

Description: You will help to reduce the social isolation which is experienced by some members of the older population. You will provide occasional support/activities to enable a person to feel part of their wider community.

When? Takes place everyday.

Commitment? Requires a commitment of 2 hours per fortnight for 6 months.

Where? Can be a driver/non driver. The use of public transport is encouraged where appropriate.

Minimum age: 16

Community Connector

with Volunteer Midlothian

Description: There are many ways in which volunteers can help to reduce social isolation in the older population. This may be by accompanying someone to attend a local community group, assisting with shopping or supporting them with activities, in their own home.

When? Takes place everyday.

Commitment? Would require a commitment of 2 hours per week for 6 months.

Where? Can be a driver/non driver. The use of public transport is encouraged where appropriate.

Minimum age: 16

Social Activities Volunteer

with Bield Housing & Care

Description: Have fun, learn new skills and make a difference to the lives of older people in your area. Bield Housing & Care are looking for a volunteer to join the team at retirement housing development, Moorfoot Court in Bonnyrigg.

When? Takes place Monday—Sunday morning, afternoon and evening.

Commitment? 2 hours per week or fortnightly

Where? Moorfoot Court, Bonnyrigg EH19 3HH

Minimum age: 16
Care/Support Worker

Ward Helper
with NHS Lothian

_Description:_ Socialising with patients who do not get visitors; assisting with tasks as directed by ward staff

_When?_ Takes place on a Monday to Sunday morning and evening.

_Commitment?_ Would require a commitment of 2 hours per week for at least 6 months.

_Where?_ The hospital is served by a number of bus routes from Dalkeith and the City Centre – LRT bus 40, 39, 3

_Minimum age:_ 16

Centre Volunteer
with St David’s Bradbury Day Centre

_Description:_ St. David’s is an established voluntary organisation with a high reputation for providing a welcoming, stimulating, non-institutional social and health care service for frail older people with multiple health/physical problems such as stroke and dementia.

_When?_ Monday—Sunday morning, afternoon and evening.

_Commitment?_ Minimum of 2 hours per week, ideally it would be a whole day per week.

_Where?_ Newtongrange

_Minimum age:_ 16

Day Centre Volunteer
with Midlothian Council

_Description:_ This is an exciting opportunity for volunteers to assist with the running of a day centre for older adults – helping on and off buses, serving teas/coffees and lunches and assisting with activities.

_When?_ Monday—Friday morning and afternoon.

_Commitment?_ Can be flexible on how much time you give.

_Where?_ Lothian Buses 39 & 49 go past the Community Hospital.

_Minimum age:_ 16
Volunteer Support Worker

with Butterfly Trust

Description: We are the leading provider of social support to the Cystic Fibrosis community of Scotland. The support worker undertakes tasks that make a real difference to the quality of life for the young people we support. He/she is our first point of contact with clients responding to requests that are often for practical help but also just someone to talk to.

When? Takes place Monday—Sunday morning, afternoon and evening.

Commitment? Very flexible, depending on referrals and complexity of issues.

Where? Midlothian area, generally within a reasonable travelling distance of volunteer’s home. Travel is by car usually, or public transport on occasions when it is convenient.

Minimum age: 19

Activities Volunteer

with Cowan Court

Description: We are looking to recruit some volunteers to assist with the activities that are arranged for the tenants and people from the community. There are also occasional evening events and outings. Each of the activities in the home usually last 2 hours so we are looking for people who can at least commit to that time per week.

When? Takes place Monday—Sunday morning, afternoon and evening.

Where? Cowan Court, 1 Pentland Way, Penicuik. On the main bus route for all buses that go through Penicuik. Lothian buses 37, 47, 40 & 15/15A.

Minimum age: 16
Catering

Café Volunteer
with St Johns & Kings Park Church

Description: A community cafe, all monies goes back to the community. We also have different groups coming weekly to the cafe to help support and advise our customers. We have a rota of bakers to support our cafe & cafe helpers which we have a weekly rota for. We would love to have a team of about 8 volunteers so we can give some of our other volunteers a break.

When? The cafe is open Monday from 9am - 1.30pm
Commitment? 6.5 hours per week. Cafe open 9-1.30pm but ideally we would like volunteers to be there from 8am to help set up and until 2.30pm to help with clear-up. 3 month commitment.
Where? St Johns & Kings Park Church The church is near a main bus route in Dalkeith accessible by the buses 3, 48, 49, 139 & 140.
Minimum age: 18

Assistant in Coffee Bar
with Beeslack Family Disabled Club

Description: Are you chatty and enjoy helping people, do you like listening? Would you like to help in our coffee bar? Listen to this week’s news. You may be the only person that has had the time to listen to our members and make them feel like someone cares.

When? Takes place weekly on a Sunday 12.30 – 4.00 p.m.
Commitment? Would require a 6 month commitment.
Where? Beeslack Community High School Penicuik, Midlothian, EH26 0QF
Minimum age: 16

Cooking Together
with Aspiring Communities Project, Dalkeith Citizens Advice Bureau

Description: To assist with helping others within a kitchen setting, life skills, preparing food on a budget, cooking food and serving of cooked food.

When? 12/04/20 to 12/05/20
Commitment? Every Tuesday
Where? St Nicolas & Buccleuch Church Kitchen
Several regular bus services stop very close to the church
Minimum age: 16

Cafe Volunteer
with Glencorse Centre

Description: We are looking for volunteers to help in our community café 'The Nest'. You will be provided with full training including food handling certification to prepare and serve food and drinks to the public.

When? Takes place on a Monday—Friday morning and afternoon.
Commitment? There is no minimum commitment.
Where? The Nest Café, Glencorse Centre, Auchendinny, Penicuik, Midlothian EH26 0QZ
There is car parking at the Centre and it is on the 15 bus route and a short walk from the 37,47 and 62 bus route.
Minimum age: 14
Charity Shops/Retail

Volunteer Shop Assistant with Cancer Research UK

Description: Working in Cancer Research UK shop is a great way to meet new people and raise funds for Cancer Research at the same time. If you have an interest in fashion, books, music, film or want to get into retail, why not give it a try. Till training provided so no experience of retail necessary.

When? Takes place on a Monday—Saturday morning and afternoon.

Commitment? Would require a commitment of 4 hour shift, 1 day per week.

Where? Penicuik Cancer Research shop

Travel expenses paid for full day only (proof required)

Minimum age: 16

Clothing Volunteer with Oxfam - Penicuik

Description: Friendly people sought to represent the face of Oxfam in the High Street. Customer Service Advisers have the opportunity to operate the till, thank the general public for their donations and provide any customer service required.

When? Takes place on a Monday—Sunday morning and afternoon.

Commitment? 1-2 hours commitment per week for at least 3 - 6 months.

Where? Oxfam Penicuik is situated in the town centre on a pedestrian concourse (36 John Street).

Several regular bus services stop very close to the shop
(Lothian Buses 47,37,15,15A & 40)

Travel expenses will be paid for every volunteer working a full day shift (10am-4pm)

Minimum age: 14
**Shop Assistant**
with Oxfam - Dalkeith

**Description:** Friendly people sought to represent the face of Oxfam in the High Street. Shop Assistants have the opportunity to operate the till, thank the general public for their donations and provide any customer service required.

**When?** Takes place Monday—Sunday morning and afternoon.

**Commitment?** One half day per week, either 9am – 1pm or 1pm – 5pm

**Where?** 87 High Street, Dalkeith. Lothian buses 3, 48, 39, 40 & 49.

**Minimum age:** 14

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**General Retail Assistant**
with Salvation Army Trading

**Description:** Learning new skills. Helping a charity whilst having fun at the same time. Development of talents that we value such as communication skills, numeracy, teamwork and taking responsibility.

**When?** Monday—Saturday mornings & afternoons.

**Commitment?** Would require a commitment of 1 morning or afternoon shift per week.

**Where?** 12 High Street, Dalkeith. Lothian buses 3, 48, 39, 40 & 49.

**Minimum age:** 14

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**Shop Volunteer**
with British Heart Foundation Shop—Dalkeith

**Description:** We are looking for volunteers to help on the tills and with tagging. The work is varied from manning the tills, greeting customers, tidying shelves, sizing stock, working in the stock room processing stock or if you have a flair for display you could be dressing models in the window.

**When?** Monday—Saturday mornings & afternoons.

**Commitment?** Would require a commitment of 1 morning or afternoon shift per week.

**Where?** Jarnac Court, Dalkeith.
Lothian buses 3, 33, 39, 40 & 49

**Minimum age:** 16

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**Volunteer Book Sorter**
with British Heart Foundation—Dalkeith

**Description:** If you have an eye for a good read and don’t mind some fairly physical work, then you would be ideal for this role. Training includes an induction manual, health and safety induction and on the job training by an experienced volunteer for this specific role.

**When?** Takes place Monday—Sunday morning and afternoon.

**Commitment?** One half day per week, either 9am – 1pm or 1pm – 5pm

**Where?** Jarnac Court, Dalkeith.
Lothian buses 3, 33, 39, 40 & 49

**Minimum age:** 18

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To return to the contents page click [here](#).
Charity Shop Volunteer

with Kidney Research UK — Dalkeith

**Description:** Volunteering is a great way to meet new people and gain new skills. Whatever skills you’d like to gain or use we would love to have you on board. If you have a few spare hours every month or a day each week, we have a number of volunteer roles within the charity shop suitable for all abilities and interests.

**When?** Takes place Monday—Saturday morning and afternoon.

**Commitment?** A few hours per week

**Where?** High Street, Dalkeith.

Regular bus service to Dalkeith High Street

**Minimum age:** 16
Committee Work

Trustee
with Play Midlothian

Description: Would you or someone you know be able to help? Being a charity trustee is a very rewarding voluntary role.

When? Tuesday and Thursday evenings.

Commitment? As a minimum, you need to be able to commit to:
• Frequently attending board meetings, of which there are approximately six per year (every two months, on a weekday evening, for two hours)
• Attending infrequent development or strategic planning sessions (usually no more than once per year)

Where? Meetings are held in various locations around Midlothian.

Minimum age: 16

Trustee
with Play Therapy Base

Description: We currently have vacancies for two new Board Members to strengthen and broaden the skills of our existing Board of Trustees.

When? Every 8-10 weeks on a Monday morning

Commitment? Attend board meetings every 8-10 weeks


Minimum age: 18

Board Member
with Volunteer Midlothian

Description: We currently have vacancies for Board Members. Individuals with a real commitment to volunteering are sought to join the existing members of the Board of Volunteer Midlothian.

When? Attend board meetings 6 times a year.

Commitment? Board meetings are held at 5.30 pm approximately 6 times a year.

Where? Volunteer Midlothian, 32/6 Hardengreen Industrial Estate, Dalkeith. Car parking available. For further travel details ask Volunteer Midlothian.

Minimum age: 18
Saltire Ambassador

Description: Are you aged under 25 with an enthusiasm for volunteering? As a Saltire Ambassador you will be part of a panel of young people helping Volunteer Midlothian to spread the word about volunteering and the Saltire Award scheme. You will have the responsibility to decide who deserves to receive the Saltire Summit award in Midlothian.

When? A minimum of attending 2 or 3 panel meetings over the course of a year (around 2 hours each time), with opportunities to commit to more for those who are interested.

Commitment? A minimum of attending 2 or 3 panel meetings over the course of a year (around 2 hours each time), with opportunities to commit to more for those who are interested.

Where? Panel meetings will be held at our office (32/6 Hardengreen Industrial Estate, Dalkeith, EH22 3NX), or other suitable locations in Midlothian.

Support with transport can be provided.

Minimum age: 12

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Cinema—Management Team Member

Description: The group management team members are volunteers who each have equal say in setting priorities, selection the films to be shown each year and resolving issues. Usually, but not necessarily, they also volunteer in other Cinema role(s). Attending around 4 evening Cinema Group Meetings per year and helping deliver action points outside of this time.

When? 4 evening meetings and other times outside of these meetings

Commitment? Ongoing

Where? Penicuik

Minimum age: 16
Management Committee Member
with CAPS Independent Advocacy

Description: CAPS is looking for new members to join the Management Committee governing this independent mental health advocacy charity, the majority of whom will have lived experience of mental health issues, in accordance with CAPS constitution.

When? Meetings take place on a Friday afternoon.

Commitment? 2 to 3 hours meeting every 2 months; occasional special Management Committee meetings; occasional training and development days with CAPS staff; attendance at the AGM. Role requires a minimum commitment of 12 months.

Where? Musselburgh is served by many Lothian Buses routes. The office is approximately 1 mile from Musselburgh railway station.

Minimum age: 16

Treasurer
with Beeslack Family Disabled Club

Description: Do you have the time, skills and experience to become a trustee and committee member and to be part of the management team who are responsible for the governance, development and sustainability of the Club?

When? Takes place on a Sunday afternoon.

Commitment? Takes place weekly on a Sunday 12.30 – 4.00 p.m. Would require a 6 month commitment.

Where? Beeslack Community High School Penicuik, Midlothian EH26 0QF

Minimum age: 16

Trustees
with Beeslack Family Disabled Club

Description: Do you have the time, skills and experience to become a trustee and committee member and to be part of the management team who are responsible for the governance, development and sustainability of the Club?

When? Takes place on a Sunday afternoon.

Commitment? Takes place weekly on a Sunday 12.30 – 4.00 p.m. Would require a 6 month commitment.

Where? Beeslack Community High School Penicuik, Midlothian EH26 0QF

Minimum age: 16
Board Directors

**Description:**
It is an opportunity to work toward a better society and build links between communities by coming together and support those who are in need. We are looking for 4 volunteers to join our board of directors.

**When?** Board meetings take place 4 times per year. Meetings will usually take place during the week (Mon-Fri) but may occasionally be on Saturdays.

**Commitment?** 1 year.

**Where?** Meetings will take place in Midlothian

**Minimum age:** 16

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Treasurer

**Description:**
It is an opportunity to work toward a better society and build links between communities by coming together and support those who are in need. We are looking for 4 volunteers to join our board of directors, including a Treasurer.

**When?** Board meetings take place 4 times per year. Meetings will usually take place during the week (Mon-Fri) but may occasionally be on Saturdays.

**Commitment?** 1 year.

**Where?** Meetings will take place in Midlothian

**Minimum age:** 16

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Treasurer

**Description:**
Are you a doer with an interest in Africa? We are seeking a new Treasurer for our small but fast-growing Penicuik-based charity, Friends of Chitambo SCIO. We support health projects at Chitambo Hospital, central Zambia, the living memorial to Scottish explorer Dr. David Livingstone, who died nearby.

**When?** Minimum monthly time commitment: 8 hours plus at least 2 more hours a quarter for committee meetings (4/year).

**Commitment?** 6 month trial period offered, to ensure good fit with this key role.

**Where?** The meetings mostly take place by telephone conference (telecon), with occasional face to face meetings in Penicuik, usually at conference room in Haigs Restaurant

**Minimum age:** 18

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Vice-Chair

**Description:**
It is an opportunity to work toward a better society and build links between communities by coming together and support those who are in need. We are looking for 4 volunteers to join our board of directors, including a Vice Chair.

**When?** Board meetings take place 4 times per year. Meetings will usually take place during the week (Mon-Fri) but may occasionally be on Saturdays.

**Commitment?** 1 year.

**Where?** Meetings will take place in Midlothian

**Minimum age:** 16
Voluntary Directors/Trustees with McSence Group

Description: McSence wishes to recruit a number of voluntary Directors/Trustees to the Board and are particularly interested in hearing from committed individuals with experience in one of the following areas: Finance; Adult Social Care, Sales & Marketing, Operational Management and community involvement & development. The closing date is Monday 10th December 2018.

When? Last Tuesday night of each month

Commitment? Monthly board meetings from 6.30pm to 9.30pm plus one hour preparation to review board papers.

Where? Mayfield, Dalkeith

Minimum age: 16

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Home Visitor with Pet Fostering Service Scotland

Description: Are you passionate about animal welfare? Join our growing team of volunteer Home Visitors and play a vital role in supporting owners and pets in your local area who are facing an emergency situation.

When? The volunteer will be contacted when a home visit is required in their local area which they can either agree to do or turn down dependent on other commitments.

Commitment? No minimum commitment.

Where? This opportunity is home based with travel to other local locations to carry out home visits. Travel can be by public transport or car and travel expenses will be provided.

Minimum age: 18

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Foodbank Parcel Volunteers with Food Facts Friends Foodbank

Description: Food Facts Friends in partnership with MARC are opening a new foodbank on the 18th March 2019. We require volunteers to help compile food parcels to a clients shopping list. The work will consist of selecting items from our stock shelves, plus fresh items when available, ensuring food items are within their use by dates.

When? Monday afternoons

Commitment? 3 month commitment.

Where? MARC Building, 10 Woodburn Road Dalkeith.

Minimum age: 16

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Volunteer Area Development Manager with Tools with a Mission

Description: The role is a networking, wide ranging and flexible role but some of the things you might do include: Putting literature into local churches Asking groups such as Rotary if they would like a speaker to come and speak

When? Flexible depending on what the Volunteer does to develop the area.

Commitment? Due to the Nature of the role we would appreciate a reasonably long term

Where? 2 Bailey Close Hadleigh Road Industrial Estate will vary

Minimum age: 16
Computing

**Coding Club Volunteer**

with Rosewell Development Trust

**Description:** The Coding Club will allow you to share your I.T skills with children and other volunteers, or develop them! The Primary-aged children who attend are all eager to learn and be creative through technology!

**When?** Takes place on Monday afternoon.

**Commitment?** Requires a commitment of 2 hours per week for 10 weeks.

**Where?** We are based on the main street of the village (Carnethie Street) and the bus number ‘49’ regularly runs through the village.

**Minimum age:** 14

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**Connect Online Club Helper**

with Volunteer Midlothian

**Description:** The project coordinator will facilitate the digital skills clubs, providing equipment, learning materials and refreshments. Volunteers will come along and help learners, either one-to-one or in small groups, on a range of topics, depending on what learners would like to cover using resources provided by the coordinator.

**When?** Current groups are on Tuesdays, Wednesdays & Thursdays.

**Commitment?** Minimum commitment 2 hours per week for 3 months.

**Where?** We are currently looking for club helpers in Dalkeith, Rosewell & Penicuik. Volunteers must arrange their own transport to and from the groups.

**Minimum age:** 14

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**Connect Online Home Visitor**

with Volunteer Midlothian

**Description:** Volunteers will visit housebound learners within their own homes for one hour per week to provide tuition on the computer. Tuition will last for 8 weeks and will generally cover basic digital skills such as using internet and email, online shopping & social media, but can be flexible dependent on what the learner would like to cover.

**When?** Flexible, volunteers will visit learners for one hour per week.

**Where?** Tuition will take place in learners' own homes throughout Midlothian. Volunteers must arrange their own transport to and from learners' homes.

**Minimum age:** 18
Computer Club Leader
with Volunteer Midlothian

Description: The Volunteer Club Leader will run the group by helping learners, either one-to-one or in small groups, on a range of topics, depending on what learners would like to cover using resources provided by the coordinator and with the help of other volunteers.

When? 2 hours per week
Commitment? At least 6 months.
Where? Computer Clubs are held in Dalkeith, Penicuik & Loanhead.
Minimum age: 16

Online Shop Volunteer
with Oxfam

Description: This volunteering role will involve taking photographs of stock, describing and listing products on our online shop and then packaging and posting products to customers. The shop would like to reach a larger section of the public.

When? Takes place Monday—Saturday morning and afternoon.
Commitment? Timings for this role can be flexible - the volunteer can come anytime the shop is open.
Where? 87 High Street, Dalkeith.
Lothian buses 3, 48, 39, 40 & 49.
Minimum age: 18
Conservation/Gardening

**Transform Gardener**
with Volunteer Midlothian

**Description:** This opportunity is for young people (14 - 20 years old) who would like to volunteer outdoors and take part in landscaping and gardening activities. The project has two main sites; a Community Garden in Dalkeith Country Park and an Allotment at Vogrie Country Park. The aim of the project is to maintain a welcoming garden for the local community as well as allowing volunteers to gain practical skills for the future.

**When?** Thursday afternoons

**Commitment?** There are no minimum hours per day or commitment expected

**Where?** Community Garden in Dalkeith Country Park and an Allotment at Vogrie Country Park. Bus fares reimbursed and transport can be provided if not on bus route.

**Minimum age:** 14

**Rosewell Grows After School Gardening Club**
with Rosewell Development Trust

**Description:** Gardening and woodland management with kids. No previous experience necessary!

**When?** Takes place on a Wednesday afternoon.

**Commitment?** Would require a commitment of 2 hours per week.

**Where?** Regular Lothian Bus, Number 49, into Rosewell.

**Minimum age:** 14

**Community Gardener/Garden Warden**
with LASC Link Loanhead

**Description:** Adult support wanted for this great opportunity to help re-establish a wonderful community garden design to support all abilities.

**When?** Monday—Sunday morning and afternoon.

**Commitment?** 2 hours per day.

**Where?** Lothian bus numbers 37 and 140.

**Minimum age:** 16
Volunteer Activity Leader

with Cyrenians

Description: This role will focus on helping coordinate some of the daily tasks that are needed at the Midlothian Community Hospital.

When? Monday—Friday morning and afternoon.

Commitment? There are no minimum hours per day or commitment expected

Minimum age: 16

Gardens Helper

with Cyrenians

Description: An opportunity to contribute to this exciting new project; to make the gardens a lovely, productive place for patients and the wider community to enjoy. Help grow food, keep active and build this community asset.


Commitment? Volunteers can commit as much or as little time as they like/can manage. The gardens are open to anyone to enjoy occasionally or on a regular basis.

Where? Midlothian Community Hospital
70 Eskbank Road, Bonnyrigg, Dalkeith, EH22 3ND
Buses: LRT 39 from Dalkeith, LRT 40 from Penicuik or Portobello / Musselburgh, LRT 49 from Edinburgh

Minimum age: 16

Volunteer Visitor Leader

with Cyrenians

Description: Volunteer Visitor Leaders will welcome any individuals or groups visiting the gardens.

When? Monday—Friday morning and afternoon.

Commitment? There are no minimum hours per day or commitment expected

Minimum age: 16

Patient Buddying Volunteer

with Cyrenians

Description: Responsibility for welcoming and supporting hospital patients, working with the Garden Co-ordinator and staff to deliver our different services based at the Midlothian Community Hospital

When? Monday—Friday morning and afternoon.

Commitment? There are no minimum hours per day or commitment expected

Minimum age: 16
Assistant in Gardening with Beeslack Family Disabled Club

**Description:** Do you enjoy being outdoors in a garden environment and have skills that you would like to share with people who are enthusiastic in taking part in physical and outdoor activities? Could you bring some happiness into their lives? This is an opportunity to work outdoors in a gardening group and exercise based activity.

**When?** Sunday afternoon.

**Commitment?** Takes place weekly on a Sunday 12.30 – 4.00 p.m. Would require a 6 month commitment.

**Where?** Beeslack Community High School Penicuik, Midlothian EH26 0QF

**Minimum age:** 16

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Penicuik Conservation Volunteer with Penicuik House Preservation Trust

**Description:** This is a rewarding opportunity for someone who enjoys working outdoors on a variety of tasks.

**When?** Takes place on a Saturday morning and afternoon.

**Commitment?** The Penicuik Conservation Volunteers meet every second Saturday with no commitment.

**Where?** Penicuik House. Lothian buses 37, 47, 40 & 15/15A.

**Minimum age:** 16

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Memory Planters with Alzheimer Scotland

**Description:**

Memory Planters is a new project that aims to support people with dementia to do hands on gardening. Using their community garden and expertise so that people with dementia can plant and grow their own produce, can create herb gardens and flower tubs to take home and can gain the benefit of being outside in a beautiful and supportive environment.

**When?** There are 2 ten week sessions per year: volunteers can participate weekly or fortnightly so either 25 hours over ten weeks or 12.5 hours over 10 weeks both x 2

**Commitment?** Must complete the ten week sessions

**Where?** Newbattle Abbey College

**Minimum age:** 16
Volunteer Gardener
with National Mining Museum

Description: Would you like to help and care for the garden spaces at the Museum. Work would include weeding, planting, pruning, tidying and general maintenance work. Prior experience not essential as guidance and direction will be given from our Head Gardener.

When? Monday to Thursday morning and afternoon.

Commitment? 3 hours per week

Where? Mining Museum, Newtongrange

Minimum age: 18

Gardening Support Volunteer
with Volunteer Midlothian

Description: Looking to volunteer in a therapeutic garden? For this rewarding role we need friendly and patient people to assist with the delivery of gardening sessions at Dalkeith Country Park Community Garden.

We need individuals who are interested in working with young people who have a diverse range of needs. Volunteers will help deliver activities, provide instruction and guidance to other volunteers who may have mental health issues and or learning disabilities. PVG membership essential.

When? Thursday Afternoons, 13:30 - 16:30

Commitment? Weekly 3 hour sessions

Where? The opportunity takes place in the Community Garden which is immediately to the right after entering Dalkeith Country Park. The garden is fenced off from the park and there is an arch at the entrance point.

Minimum age: 18
Volunteer Counsellor with Place2Be

**Description:** Are you either a trainee or qualified counsellor or therapist? Would you like to join an organisation that makes a difference to the lives of children aged between 4 years and 14 years? Place2Be provides a high level of support to trainee / qualified counsellors through regular supervision, training workshops and offers a well-recognised clinical placement.

**When?** Takes place on a Monday to Friday, mornings and afternoons.

**Commitment?** We need you to be available for a minimum of one day per week to work in a therapeutic capacity with up to 3 children offering one-to-one counselling. Placements are term time only and run for one academic year.

**Where?** This would vary on the school.

**Minimum age:** 18
Driving/Escorting

Volunteer Minibus Driver
with Mayfield & Easthouses Development Trust

**Description:** Mayfield and Easthouses Development Trust (MAEDT) require any volunteer between 21 and 70 years old with a D1 class license to drive our Minibus for our new social enterprise company Mayfield and Easthouses Transport Services. The Community Minibus will be hired by community groups, clubs and organisations.

**When?** Monday—Sunday morning, afternoon and evening.

**Commitment?** 4 hours per day 1 day - More hours, as and when required for hires, if available.

**Where?** The Minibus is Located in Mayfield, Dalkeith

Minimum age: 21

Mobility Aids Volunteer Driver
with British Red Cross

**Description:** Give something back to your community. Volunteer and make a difference with only a few hours a week that can improve the mobility of those in need.

**When?** Takes place on a Monday—Sunday in the morning and afternoon.

**Commitment?** Approx. 4 hours per week for 12 months.

Minimum age: 19

Driver
with HcL Handicabs

**Description:** Volunteers between 21 and 70 years old with a D1 class license to drive our vehicles to provide a door-through-door service for those with mobility challenges – elderly, disabled, health issues, geographic remoteness

**When?** Monday – Sunday – Morning, Afternoon and Evening

**Commitment?** There are no minimum hours per day or commitment expected

**Where?** Our services cover East Lothian, Midlothian and Edinburgh also national journeys on an availability basis from our base at 24/3a Dryden Road, Bilston Glen Industrial Estate, Loanhead.

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Driver
with Lothian Community Transport Services

**Description:** Driving LCTS minibuses is an extremely rewarding opportunity. It gives you the chance to meet people from all walks of life. All you need is a patient nature and a desire to help in the community.

**When?** Takes place Monday—Sunday morning, afternoon and evenings.

**Commitment?** Various hours throughout the day & evenings, 7 days a week. Hours can be arranged to suit the volunteers availability. Volunteers who can commit to a Monday and/or Thursday are particularly sought.

**Where?** Drivers based at 6b Newmills Road, Dalkeith. Close to a bus route.

**Minimum age:** 21

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**Volunteer Driver**
with Butterfly Trust (The)

**Description:** Our drivers provide transport for people affected by Cystic Fibrosis to hospital appointments. Our clients do not need any physical help getting in and out of the vehicle.

**When?** Mon – Fri – Morning, Afternoon and Evening

**Commitment?** There are no minimum hours per day or commitment expected

**Where?** Midlothian and Edinburgh

**Minimum age:** 19

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Driver
with Tuesday Club (The)

**Description:** Many elderly and handicapped people rarely have a chance to meet friends and have a chat. Would you like to help by bringing them to their afternoon club with entertainment, a friendly chat and a cup of tea.

**When?** Takes place on a Tuesday afternoon.

**Commitment?** 3 hours per Week

**Where?** St Leonards’s Church Hall, Dobbies Road, Lasswade

Local bus service from neighboring towns. Lothian buses 31 & 40.

**Minimum age:** 17
Driver - Edinburgh & The Lothians with RNIB

**Description:** Do you enjoy driving and meeting people? Can you help us by driving blind and partially sighted people on short local trips and helping them out of the car to their destination?

**When?** Takes place from Monday—Sunday morning, afternoon and evenings.

**Commitment?** Anything from a few hours a month to a couple of days a week depending on the volunteers availability. Anything from a few hours a month to a couple of days a week.

**Where?** Anywhere within Edinburgh and the Lothians, all locations will be accessible car.

**Minimum age:** 18

Mini Bus Driver with Midlothian Sure Start

**Description:** We currently have an exciting opportunity for a volunteer minibus driver between 21 and 70 years old with a full clean UK Licence with D1 for the past three years. The Minibus driver will be required to work with Midlothian Sure Start staff and families providing transport at various locations around Midlothian and surrounding areas.

**When?** Takes place on a Monday—Sunday morning and afternoon.

**Commitment?** Would be looking for a commitment of 5 hours per week.

**Where?** The Minibus is Located in Mayfield, Dalkeith. Lothian buses 3, 29 & 48.

**Minimum age:** 21

Volunteer Collector with Tools with a Mission

**Description:** The role of the collector is to respond to requests from members of the public to collect tools they have to donate and to store them for the TWAM van to collect. We will normally ask you to collect with a maximum 25 mile radius from your home (although you can request a smaller area) and requests are matched based on postcodes.

**When?** Flexible depending on demand at any time and how volunteer manages their workload.

**Commitment?** No longer term commitment but we would appreciate a reasonable period of service as far as possible.

**Where?** 2 Bailey Close Hadleigh Road Industrial Estate—will vary

**Minimum age:** 18
Finance/Accountancy
Fundraising Group members (Penicuik) with Marie Curie

**Description:** Every day of your life matters – from the first to the last. That’s why the right care at the end of your life is so important. With other group members from your local area, you will organise fundraising events, collections and bring your community together in supporting Marie Curie. The group meets approximately every 6 weeks to organise 2-4 events per year.

**Commitment?** Minimum commitment of 2 hours per fortnight for at least 3 months.

**Where?** Penicuik. The group organise events in Penicuik.

**Minimum age:** 18

Fundraising Group Members (Dalkeith) with Marie Curie

**Description:** Every day of your life matters – from the first to the last. That’s why the right care at the end of your life is so important. With other group members from your local area, you will organise fundraising events, collections and bring your community together in supporting Marie Curie. The group meets approximately every 6 weeks to organise 2-4 events per year.

**Commitment?** Minimum commitment of 2 hours per fortnight for at least 3 months.

**Where?** Dalkeith. The group organise events in Dalkeith.

**Minimum age:** 18

Event Volunteer Superstars Needed! with Walk the Walk

**Description:** Join our night time party at The Moon Walk looking after our walkers at busy crossings, keeping them hydrated or picking up litter, selling merchandise, registering baggage or handing out volunteer uniforms.

**When?** Saturday 6th June and Sunday 7th June 2020

**Commitment?** 8 hours – start times either 6pm, 9pm or 5am depending on role

**Where?** Holyrood Park, Edinburgh EH8 8HG Volunteer gate via Queens Drive

**Minimum age:** 13 (under 18’s must be accompanied by someone over 18)

Fundraising Group Member with Macmillan Cancer Support

**Description:** An exciting opportunity to create a brand new Fundraising Group in Midlothian for Macmillan Cancer Support

**When?** Flexible.

**Commitment?** No maximum or minimum commitment required.

**Minimum age:** 16
Trust Grant Team

Member

with Penicuik Community Development Trust Ltd

**Description:** Volunteers will identify relevant grant awarding bodies and submit effective applications for money to fund the Trust’s projects.

**When?** Reporting on around 10 evening committee meetings per year plus periods of concentrated activity over several days

**Commitment?** Ongoing

**Where?** Penicuik

**Minimum age:** 18
Library/Information Management
House Steward

with Penicuik House Preservation Trust

Description: The role covers a range of tasks including helping to set up and market events, welcoming the public to Penicuik House, guiding visitors around the ruin and helping us to give people information about the project.

When? Takes place on a Sunday afternoon.

Commitment? There is no commitment required.

Where? Penicuik House. Lothian buses 37, 47, 40 & 15/15A.

Minimum age: 16
**Gorebridge Community Fridge Volunteer**

*with Gorebridge Community Development Trust*

**Description:** Passionate about food? Enjoy sharing, eating and being creative with it? Become a Gorebridge Community Fridge volunteer to help people cut food waste and become innovative with their fridge items.

**When?** Takes place everyday.

**Commitment?** 3 hours per week initially for 3 months with possibility of continuing.

**Where?** ‘29’ and ‘48’ bus route. It is easily accessible using Lothian Buses.

**Minimum age:** 18

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**Volunteer Speaker**

*with Tools with a Mission*

**Description:**

The role of the TWAM speaker is to talk to groups in your local community leaving them with the challenge to support TWAM through tool collections, financial provision or by volunteering. The groups you speak to will be diverse in nature and could include churches, schools, Rotary Clubs and many others.

**When?** Flexible depending on demand at any time and the speaking engagements the Volunteer takes on.

**Commitment?** No long-term commitment but we would appreciate a reasonable period of service as far as possible.

**Where?** 2 Bailey Close Hadleigh Road Industrial Estate. Can Vary
Volunteer IT Support with Ability Net

**Description:** Our volunteers might help an older person with their general PC usage or they could be assisting with special hardware and software adaptations that would meet a disabled person’s specific technology needs.

**When?** Takes place on a Monday—Sunday morning, afternoon and evening.

**Where?** Expenses covered for all public transport and fuel.

**Minimum age:** 18
Playschemes/Children Clubs

**Assistant Playworker—Stay for Play**
with Play Midlothian

**Description:** As an Assistant Playworker you’ll be working with an experienced Community Playworker and a Family Play Development Worker to deliver weekly family play sessions in Woodburn or Gorebridge and/or Mayfield (first Saturday of a month). Sessions last 1.5 hours, with a further 1 hour allocated for setting up, clearing away and associated admin.

**When?** Saturday morning.

**Commitment?** Would require a commitment of 2 and a half hours per week for at least 7 months.

**Minimum age:** 16

**Adult Leaders**
with Girlguiding Midlothian

**Description:** Adult Leaders and Young Leaders are required to help run weekly meeting for Brownies, Rainbows and Guides in Dalkeith, Danderhall and Crichton areas.

**When?** Monday—Friday evening.

**Commitment?** Would require a commitment of 2 hours per fortnight.

**Where?** We have units that meet in Dalkeith on Mondays to Thursday evenings; Danderhall on Mondays and Wednesday evenings; Cousland on Thursday and Friday evenings and Pathead on Friday evenings. All meetings are between 5 and 9 pm.

**Minimum age:** 16

**Play Worker Assistant**
with Mayfield/Lawfield & Tynewater After School Club

**Description:** To work with the children and young people in our community providing lots of play opportunities.

**When?** Monday—Friday afternoon.

**Commitment?** 2 hours per Week. Minimum Commitment: 1 Day

**Where?** St Lukes Primary School
Mayfield, Dalkeith

(Good Bus route) Lothian buses 3, 29 & 48.

**Minimum age:** 15

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**Transform Activity Buddy—Primary School Helper**

with Volunteer Midlothian

**Description:** Chance for young people aged 14-20 to volunteer to help with afterschool primary school activity sessions. This is a fully supported volunteering opportunity.

**When?** Takes place on a Monday—Friday afternoon.

**Where?** The sessions will be at various primary schools in the Dalkeith, Mayfield and Gorebridge area.

**Minimum age:** 14

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**Kids World Citizen Leader**

with Rosewell Development Trust

**Description:** Help plan and deliver an exciting new group where children learn about people, places, cultures, and traditions from all over the world. No two sessions will be the same!

**When?** Takes place on a Thursday morning.

**Commitment?** Would require a commitment of 3 hours per week.

**Where?** Rosewell Development Trust, 85 Carnethie Street, Rosewell.

**Minimum age:** 14

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**Pupil Supervisor—Walking Bus**

with Lawfield Primary School & Nursery

**Description:** The Lawfield Walking Bus enables children to walk to school in safe, supervised groups. We sing songs, play instruments and tell stories on the way to school.

**When?** Takes place on a Monday—Friday morning.

**Where?** The school is on a bus route (48 or 3).

**Minimum age:** 16

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**Childcare**

with Mayfield/Lawfield & Tynewater After School Club

**Description:** We provide affordable childcare to parents who work or at college, our ethos is a fun from home environment and we are advocates for children’s play rights.

**When?** Takes place on a Monday—Saturday afternoon.

**Commitment?** Can be discussed.

**Where?** From Edinburgh to Mayfield bus number 3

**Minimum age:** 16
Practical/DIY
Short Term/Seasonal Working

Assistant Playworker—Playscheme

with Play Midlothian

Description: Playschemes offer children the chance to play during Easter and summer holidays. Assistant Playworkers will work with playworkers to support more children to play.

When? Takes place on Monday—Friday morning and afternoon.

Commitment? Minimum commitment 3 hours per week.

Where? Lothian Buses 3, 48, 39, and 49 (Dalkeith Campus) for Woodburn Playscheme; 29, 39 and 48 for Gorebridge Playscheme; 3 and 48 for Mayfield Playscheme

Minimum age: 16
Specialist/Technical

Hearing Aid Support

Volunteer

with Midlothian Council

Description: Provide a local service to people who might otherwise have to arrange an appointment and travel all the way into Edinburgh to have a minor repair to their hearing aid which may only take a couple of minutes.

Commitment? There are no minimum hours per day or commitment expected

Where? All on Bus routes

Minimum age: 16

Cinema—Projectionist

with Penicuik Community Development Trust Ltd

Description: Our volunteer projectionists help set up the Sunday evening cinema in the Town Hall and collect tickets. If required, they introduce the film. They play the DVD, with subtitles when available, and with a pause at an appropriate moment for an intermission for refreshments to be served. Sunday evenings except during summer holidays

When? Sunday evenings

Commitment? Every Sunday evening except during summer holidays

Where? Penicuik

Minimum age: 16

Complementary Therapist

with Marie Curie

Description: We are looking for Complementary Therapists to help our patients and carers improve their mental and physical wellbeing. We welcome a wide range of therapies such as yoga, acupuncture, massage, etc.

When? Ay day

Commitment? There are no minimum hours per week

Where? Edinburgh Hospice or the Day Therapy Unit in St John’s Hospital, Livingston

Minimum age: 18
Sports/Outdoor Activities

Ageing Well Volunteer
with Ageing Well Sport & Leisure Services

Description: Midlothian’s Ageing Well project works with a team of volunteers and is designed to increase awareness of the benefits of physical activity and healthy living amongst Midlothian’s over 50’s population. All Ageing Well volunteers complete a core training programme and then decide which activity they would like to get involved in.

When? Flexible to suit the volunteer.

Commitment? 2 hours per week for a minimum of 6 months

Where? Activities are organised throughout Midlothian mainly in leisure centres/community facilities/older people’s accommodation or outdoors with walking groups etc. There is also the opportunity to develop a group/activity in your own community.

Minimum age: 45

Delivery of Physical Activity opportunities in Bonnyrigg, Loanhead, Dalkeith, Gorebridge, Penicuik and Pathhead

with Active Schools

Description: Active Schools are looking for enthusiastic volunteers who can lead or assist in delivering activities within a local school or be involved in our primary events programme.

When? Takes place on a Monday—Friday in the morning and afternoon.

Where? This opportunity takes place in Bonnyrigg, Loanhead, Dalkeith, Gorebridge, Penicuik and Pathhead.

Minimum age: 14

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Volunteer Helper

with Thornton Rose RDA

**Description:** Thornton Rose Riding for the Disabled needs volunteers to give support to disabled children and adults and to make our group great. If you are fit, enthusiastic and enjoy meeting people then come along and join us.

**When?** Wednesday and Saturday mornings.

**Commitment?** 4 hours per Week.

**Where?** The volunteering takes place at Thornton Farm, Thornton Road, Rosewell which is on the outskirts of Rosewell, Midlothian

**Minimum age:** 12
Tutoring/Supporting Learners

Volunteer Silver Surfer Tutor
with Bield Housing & Care

Description: Volunteers help reduce isolation and loneliness by supporting older people in a variety of ways. Our Silver Surfer volunteers help tenants develop skills using computers, laptops and smartphones. This will help them develop their social network skills and keep them in touch with family and friends or getting involved in community activities.

When? 2 hours weekly, week day afternoons
Where? Baldwin Court, Penicuik EH26 9EH
Minimum age: 16

Classroom Volunteer
with Rosewell Development Trust

Description: Rosewell School has a Nursery as well as the Primary School. The Volunteer will be able to help across all areas of the School with activities, displays and reading groups.

When? Monday—Friday morning and afternoon.

Commitment? 4 hours per week. A morning/afternoon would be the minimum commitment. If any volunteers would like to commit more hours, please discuss this with the Volunteer Coordinator.

Where? Rosewell Development Trust and Rosewell Primary School, 85 Carnethie Street and St.Matthews Primary School.
Minimum age: 16

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Youth Work

**Adult Volunteer**

with Police Scotland Youth Volunteers

**Description:** The Police Scotland Youth Volunteers (PSYV) programme aims to strengthen the relationship with the Police and young people, breaking down barriers and promoting positive role models.

**When?** Takes place Monday-Friday afternoons and Saturday and Sunday.

**Where?** Adult Volunteers are expected to make their own way to their Group venue.

**Minimum age:** 18

**Safety Guide**

with Risk Factory (The)

**Description:** Could you make a difference to the lives of children and other vulnerable groups across Edinburgh and the Lothians? We are looking for keen, reliable individuals with good communication skills to help local children and others learn key safety skills.

**When?** Monday—Friday morning, afternoon and evening.

**Commitment?** There are no minimum hours per day or commitment expected.

**Where?** The Risk Factory, 20 New Mart Road, Edinburgh EH14 1RL. We are a ten minute walk from the Lothian 3 and 48 bus routes (Chesser House stop). Bus numbers 34, 35 and 44 from the City Centre all stop at Asda, Slateford Road – five minute walk. Car park and free on street parking is available at the Centre.

**Minimum age:** 18

**Youth Activity Volunteer**

with Whizz-Kidz

**Description:** We make sure that young wheelchair users have the opportunity to make new friends, try new activities and most importantly, have fun! Whizz-Kidz run a monthly youth club in Edinburgh for wheelchair users aged 8-25. These clubs provide opportunities for young people to try out new things, such as photography, cooking, sports activities and music and at the same time meet new other young people.

**When?** Saturday morning and afternoon

**Commitment?** Monthly

**Where?** Braidburn School, 107 Oxgangs Road North, Edinburgh EH14 1ED

**Minimum age:** 18

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Assistant Community Playworker
with Play Midlothian

**Description:** Out2Play encourages children to play outside in local parks and green spaces by providing some supportive adults and interesting things to play with. We’re looking for enthusiastic people to help more children play.

**When?** Takes place on Monday and Friday afternoon.

**Commitment?** Would require a commitment of 3 hours per fortnight.

**Where?** Lothian Buses 3, 48, 39, and 49 (Dalkeith Campus) stop close to our office where we meet before going to the park.

**Minimum age:** 14

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Volunteer Helper
Penicuik
with Boys’ Brigade

**Description:** Volunteering with the Boys’ Brigade can make a BIG difference in Penicuik. A little of your time each week can help children & young people get experiences and adventures which you can be a part of.

**When?** Takes place on a Friday evening.

**Commitment?** 2 hours per week during the school term time

**Where?** Penicuik North Church Hall, EH26 8AG

**Minimum age:** 14

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Youth Work Volunteer
with Lifelong Learning and Employability—East Team

**Description:** We deliver youth clubs in community venues across our "patch" of Dalkeith, Danderhall and Pathhead. They meet in the evening and are specific to various ages of young people. Youth clubs are staffed by a team of workers and have flexible programmes of games and activities.

**When?** 3 hours per week term time only for at least one term if possible

**Commitment?** 3 hours per week term time only for at least one term if possible

**Where?** Youth clubs operate in Dalkeith, Danderhall and Pathhead. All accessible by bus although buses to Pathhead are infrequent.

**Minimum age:** 14

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**Youth Leader**

**Bonnyrigg Older Section**

with Boys' Brigade

Description: Volunteering with the Boys’ Brigade can make a BIG difference in Bonnyrigg. A little of your time each week can help children & young people get experiences and adventures which you can be a part of.

When? Takes place on a Friday evening.

Commitment? 2 hours per week during school term time.

Where? Bonnyrigg Primary School, EH19 2EJ

Minimum age: 14

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**Volunteer Helper**

**Loanhead**

with Boys' Brigade

Description: Volunteering with the Boys’ Brigade can make a BIG difference in Loanhead. A little of your time each week can help children & young people get experiences and adventures which you can be a part of.

When? Takes place on a Wednesday and Thursday evening.

Commitment? Requires a commitment of 1 hour per week.

Where? Loanhead Parish Church Hall EH20 9AJ

Minimum age:

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**Volunteer Helper**

**Bonnyrigg Younger Section**

with Boys' Brigade

Description: Volunteering with the Boys’ Brigade can make a BIG difference in Bonnyrigg. A little of your time each week can help children & young people get experiences and adventures which you can be a part of.

When? Takes place on a Tuesday evening.

Commitment? 1 hour per week.

Where? Bonnyrigg Primary School, EH19 2EJ

Minimum age: 14

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**Volunteer Helper**

**Roslin**

with Boys' Brigade

Description: Volunteering with the Boys’ Brigade can make a BIG difference in Roslin. A little of your time each week can help children & young people get experiences and adventures which you can be a part of.

When? Takes place on a Wednesday evening.

Commitment? Requires a commitment of 1 hour per week.

Where? Roslin Primary School, Pentland View Place EH25 9ND.

Minimum age:

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**Volunteer Helper**

**Loanhead**

with Boys' Brigade

Description: Volunteering with the Boys’ Brigade can make a BIG difference in Loanhead. A little of your time each week can help children & young people get experiences and adventures which you can be a part of.

When? Takes place on a Wednesday and Thursday evening.

Commitment? Requires a commitment of 1 hour per week.

Where? Loanhead Parish Church Hall EH20 9AJ

Minimum age: