

## Why volunteer with us?

You will:

- Meet new people, gain new skills, and experience
- Have a possible route to employment
- Make a difference to someone's life
- Boost your confidence
- And most importantly – Have fun!

How we Support and Involve You -

- By providing a comprehensive induction programme and volunteer handbook,
- Through ongoing support to you, either through your PKAVS staff contact person and/or our Volunteer Support Officer,
- And making training opportunities available in person, in groups, or online.

How much time must I be prepared to give?

As little or as much as you want. Some people help us weekly, for others it may only be once or twice a month. The amount of time you give is really up to you!



## What Next?

Just phone, email or drop in and pass on your contact details. Our Volunteers Support Officer – Dave Anderson, will contact you and arrange to meet to have an informal chat.

You must be 16 or over and there's no upper age limit to getting involved. Reasonable expenses are also met.

### Contact us at:

PKAVS  
The Gateway  
North Methven Street  
Perth  
PH1 5PP

Tel: **01738 567076**

Email – [david.anderson@pkavs.org.uk](mailto:david.anderson@pkavs.org.uk)



## Ever Thought of Volunteering?

PKAVS is the leading charity enhancing lives and connecting communities throughout Perth & Kinross

**“Mondays wouldn't be the same without PKAVS. I drive the mini bus for the Day Centre and enjoy the company of a lot of interesting people. Everyone makes you feel welcome and it's a lot of fun – would definitely recommend it!”**

Perth & Kinross Association of Voluntary Service Ltd (PKAVS) is a registered Scottish charity (SC 005561) and a company limited by guarantee (SC 86065)

T603578

[www.pkavs.org.uk](http://www.pkavs.org.uk)



## About PKAVS

PKAVS is a local charity with a big heart and a long history of giving - helping individuals and communities from many backgrounds throughout Perth and Kinross since 1972.

Volunteers are vital to all of our work and without them PKAVS would struggle to provide the help and support to children, young people, adults, and local communities that really makes a difference.

Do you have some time to give? If so, please do get in touch – we'd be delighted to hear from you!



## What can we offer?

We have something for everyone! You may be interested in -

**PKAVS Shopmobility** – helps people with limited mobility to shop and use other town centre facilities in comfort and safety. Help is needed in the office, providing equipment to members of the public and cleaning and maintaining the wheelchairs and scooters. Training will be provided as needed.

**Charity Shop Assistant** – you can help by serving the public and dressing window displays to keep the shop stocked, tidy, and assist with donations behind the scenes. Volunteering in our shop could be an important first step to those who see retail as a career.

**Fundraising** – without financial support we could not function. We are looking for volunteers from all walks of life, with a variety of experience, to help us with fundraising events held throughout the year.

**Mental Health and Wellbeing** – provides support and opportunities to people recovering from mental health and wellbeing issues. Based in Perth, where we have the Walled Garden, and in Blairgowrie, Wisecraft, we are looking for creative wellbeing assistants, walk leaders, woodwork and general assistants, café and garden assistants, and canine companions.

**Minority Communities** – Support and help is provided in a variety of ways – free and confidential one-to-one support, multi lingual information and advice, referral support for education, benefits, housing etc., finding opportunities to improve employment prospects through volunteering, access to free English classes, participation in cultural activities, cultural awareness training for service providers, consultation, and research.

**Day Centres** – We have two day centres in Perth and Blairgowrie. The cared for person can enjoy a short break through our day service and the unpaid carer benefits by having a little time to themselves. Volunteers play an important role, whether it's driving the centres mini-buses or helping practically in the Day Centre, in the kitchen, or with activities. In addition volunteers are also needed to run our complimentary therapies and support groups.

**Young Carers** – Being a young carer or young adult carer can have a profound effect in so many ways on a young person growing up and volunteers play an important role, through assisting with day trips, weekly groups, residential holidays, and providing transport by car or mini-bus.

**Carers Telephone Support Service** – provides regular phone calls to carers who care for a loved one aged 65 and over. It aims to help carers feel better connected, supported, and valued in their caring role. A regular call really can make a difference.

**Respality** - We are looking for enthusiastic volunteers who are comfortable talking on the phone to help us contact local businesses to ask them to donate gifts which we then match with the unpaid carers we support.



Thanks to volunteering work I could add to my CV, I gained work experience and completed a course which will help me in the future to find a job.