

## Volunteer

### *Dundee Women's Aid*

This is a brilliant time to get involved in Dundee Women's Aid as we expand our scheme connecting women in the local community.

Contact: Nicola Stanhope      [nstanhope@dundeewomensaid.co.uk](mailto:nstanhope@dundeewomensaid.co.uk)

## Member Supporter

### *Meeting Centres Scotland - Royal Victoria Hospital Meeting Centre*

Would you like to help decrease stress for older people in hospital then please consider volunteering as a member supporter at the first Meeting Centre in a hospital setting in Europe right here in Dundee.

Contact: Fiona Barrett      [fiona@meetingcentres.scot](mailto:fiona@meetingcentres.scot)

## Sports Volunteer

### *Dundee Dragons Wheelchair Sports Club*

Do you want to help to change the lives of people with disabilities? Then Dundee Dragons Wheelchair Sports Club would love to hear from you.

Contact: Kevin Rattray      [kevin.rattray@dunde dragons.net](mailto:kevin.rattray@dunde dragons.net)

## Campaign to collect Operating Theatre Equipment for Malawi

### *Nchima Trust*

This is an opportunity to get involved with an International Charity and develop your project planning and execution skills.

Contact: Alastair Scarborough      [1scaram@gmail.com](mailto:1scaram@gmail.com)

## Visitor Experience Ambassador

### *Guide Dogs*

The Visitor Experience Ambassador role at Guide Dogs is a vital volunteer position dedicated to enhancing the experience of visitors at Guide Dogs facilities.

Contact: Allison Wines      [volattractnorth@guidedogs.org.uk](mailto:volattractnorth@guidedogs.org.uk)

## Events Volunteer

### *One Parent Families Scotland (Dundee)*

Do you enjoy, organising events and have a knack for saving money? Then our volunteer events volunteer position may be for you! We are looking for a volunteer to support organisation and facilitation of our financial wellbeing activities and events.

Contact: Lorna Hornsby      [lorna.hornsby@opfs.org.uk](mailto:lorna.hornsby@opfs.org.uk)

## Volunteer

*Shaper/Caper*

Make your Monday afternoon a delight by assisting people living with Parkinsons and their carers at a weekly "Dance for Parkinson's" class at Olympia centre. No dance experience required.

Contact: Ali Wilson

[ali@shapercaper.com](mailto:ali@shapercaper.com)

## Retail Volunteer - Dundee

*Chest, Heart & Stroke Scotland (Dundee)*

We are looking for friendly volunteers to help our shop management team assist customers and donors, and ensure the shop is tidy and well stocked.

Contact: Laura Scotland

[volunteering@chss.org.uk](mailto:volunteering@chss.org.uk)

## Support Group Facilitator

*Bipolar Scotland*

As a support group facilitator you would be facilitating a Bipolar peer support group, encouraging peer support and peer led discussion amongst group members in a welcoming, safe and non-judgmental setting.

Contact: Kimberley Logan

[kimberleyl@bipolarscotland.org.uk](mailto:kimberleyl@bipolarscotland.org.uk)

## Befriender - Children and Young People

*Barnardo's*

Volunteers to provide 1:1 (or 2:1 support alongside another worker/volunteer) to children and young people (up to the age of 18) out and about in the local community to help improve their wellbeing, help them to engage with activities and to be a listening ear.

Contact: Louise Rawe

[louise.rawe@barnardos.org.uk](mailto:louise.rawe@barnardos.org.uk)

## Grief Meet Up Host

*Let's Talk About Loss*

Volunteer Hosts organise and facilitate monthly peer-led meet up groups to provide safe, welcoming spaces for young grieverers aged 18-35 to talk about loss.

Contact: Nina Carter-Brown

[nina@letstalkaboutloss.org](mailto:nina@letstalkaboutloss.org)

## Intandem Mentor

*Tayside Council on Alcohol (Dundee)*

Make a difference to a young person living in kinship care by joining Intandem! As mentor, you'll meet weekly and through spending time together, be that positive, consistent role model they can depend on.

Contact: Shona Romanowska

[shona.romanowska@tca-dundee.com](mailto:shona.romanowska@tca-dundee.com)

## Volunteer Tutor

*Volunteer Tutors Organisation*

VTO provides free tutor support to children and young people aged 8-18, to help tackle the poverty related attainment gap in Scotland. Volunteers from a range of diverse backgrounds and experiences are welcome.

Contact: Sana El Sayegh

admin@vtoscotland.org

## Activities Supporter

*Dundee Stroke Exercise Club*

A unique opportunity to support stroke rehabilitation of club members within a gym whilst under supervision of a fitness instructor and physiotherapist.

Contact: Debbie Scott

debscott375@gmail.com

## Kitchen Assistant

*Hearing Voices Network Dundee (SCIO)*

Hearing Voices Network Dundee is dedicated to supporting people who hear voices and or extraordinary experiences, as well as people with other mental health issues.

Contact: Rachel Duke

hearingvoices@havendundee.co.uk

## IT Support

*Dundee Central Library*

Many of our library customers come to us for advice and practical support to access online resources, as they may not have access to a computer or the internet at home. We need volunteers who can explain and practically demonstrate how to complete basic IT tasks.

Contact: Meg Marr

meg.marr@leisureandculturaldundee.com

## Community Garden Volunteers

*Yusuf Youth Initiative*

Looking for volunteers who enjoy working outdoors and want to play a role in the development of a beautiful urban garden/growing space.

Contact: Faisal Hussein

faisal.hussein@yyi.org.uk

## Support Assistant

*Dundee Age Concern*

We need outgoing, compassionate, fun loving and caring individuals to support our elderly clients get busy living life to the fullest.

Contact: Fiona Smart

manager@dundeeageconcern.com

## Visitor Services Assistant

*Dundee Museum of Transport*

An interest in transport isn't essential but if you enjoy meeting people and being part of a successful team then this is an opportunity you should not miss.

Contact: Alan Gibbon

agibbon@dmoftr.co.uk

## Warehouse Assistant

*Transform Community Development*

Help feed those in food poverty and save the environment from food waste - Warehouse Assistant for FareShare.

Contact: Iona Admin Team

admin@transformcd.org

## Gardener

*Bonnie Dundee*

Bonnie Dundee is looking for volunteers to help make Dundee a greener, cleaner and brighter place for everyone. All are welcome to come and help us with our gardening activities and other tasks.

Contact: Graham Cross

scotfreenwild@icloud.com

## Social Activities Helper

*Dundee Blind & Partially Sighted Society*

Enthusiastic, energetic and organised volunteers needed to help us delivery social activities.

Contact: Volunteer Co-ordinator

office@dbpss.org.uk

## Community Cars Driver

*Dundee Community Transport SCIO*

Do you have a full driver's licence and some free time? You could add some sunshine to our customer's lives by joining our volunteer car service which keeps them active in their community.

Contact: Anne Hay

ahay@number10.org

## Community Companion

*Dundee Volunteer and Voluntary Action*

Enjoy meeting people and socialising? Become a Community Companion! Your time will change a person's life. Accompany them to a football match, activities group or have a chat over a cuppa, the possibilities are endless.

Contact: Brenda Douglas

communitycompanions@dvva.scot