

# Volunteer Recruitment Pack



# Welcome

Thank you for taking the time to find out more about VOCAL and explore becoming a volunteer with us.

Since VOCAL was set up in 1994, we have a long tradition of volunteers supporting every area of our work in Edinburgh and Midlothian.

In this pack, you will find details about who we are, what we do, and how you can get involved. Whether you are curious about how you could contribute, looking to develop new skills or simply wondering if VOCAL is the right fit for you, this resource is designed to help you explore the opportunities.

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# About VOCAL

VOCAL – Voice of Carers Across Lothian – is a registered charity founded in 1994 by a group of carers from across Lothian to recognise the work of unpaid carers and advocate for carer rights.

VOCAL is the lead provider of carer support in Edinburgh and Midlothian, commissioned by Edinburgh and Midlothian Health and Social Care Partnerships. We have around 60 staff members and 40 volunteers.

We support over 10,000 carers per year at our carers' hubs in Edinburgh and Midlothian as well as online, over the phone, and in community hubs.

## About carers

Unpaid carers provide care and support to family members, friends and neighbours. The people they care for may be affected by disability, physical or mental illness, frailty or substance use.

A carer does not need to live with the person they care for. Anybody can become a carer at any time in their life, and sometimes for more than one person at a time.

**Today, 1 in 5 people in Scotland have caring responsibilities and 3 in 5 of us will have caring responsibilities at some point in our lives.**



# Our values

At VOCAL, our values guide our actions, shape our culture, and reflect our commitment to excellence and integrity:

- Equality and diversity
- Transparency and honesty
- Dignity and respect
- Innovation, creativity and enterprise
- Partnership

# Our work

We support carers in a variety of ways, including:

- Information and advice
- Peer support and groups
- Wee Breaks from caring
- Carer events, training and activities
- Emotional wellbeing and counselling

# Our mission

Our mission is to support and give a voice to carers. VOCAL is carer-led and actively engages carers in all aspects of our operations, recognising and advocating for carers as equal partners in care.

We are committed to early identification, providing comprehensive support, and offering resources to help carers manage their responsibilities effectively while improving their overall wellbeing.



# What to expect from volunteering

Volunteers are a valued and integral part of our team. Here are some of the benefits you can expect from volunteering with VOCAL:

- You will be given a full training induction, as well as ongoing training and support from your appointed line manager.
- You'll have the opportunity to learn new skills and gain experience.
- We host regular social events, helping you connect with other volunteers and colleagues.
- We will work with you to ensure you get the most from your role by exploring your talents and strengths!
- You will be volunteering as part of our established volunteer team, helping support unpaid carers in Edinburgh and Midlothian.
- VOCAL reimburses reasonable, pre-agreed expenses incurred while performing volunteer duties.



**“I decided to volunteer to help my mental health and improve my confidence. I’m really happy volunteering with VOCAL and it’s helped me a lot. My friend told me ‘You’ve got life’ and I told her, yes that’s because I’m at VOCAL!”**

# Who we're looking for

We welcome volunteers of all backgrounds, identities, abilities and experiences. Whether volunteering at our carers' hubs, supporting one of our services, or meeting carers - we'll help find the right role for you!

You can get involved with the following roles:

- Centre volunteers
- Peer mentors
- Volunteer facilitators
- Wee Breaks panel volunteers
- Volunteer counsellors
- Volunteer solicitors
- Treasure Tree support volunteers

You can find more information about each volunteer role on our website, including key tasks, expectations, commitment and the support available.





# How to apply

To apply for any of our volunteer roles, contact us to request a volunteer application form.

Please note that we may not always have openings for all volunteer roles. Feel free to contact us about the role you are interested in to find out if there are any current opportunities.

Visit: [vocal.org.uk/get-involved/volunteering](https://vocal.org.uk/get-involved/volunteering)

Call: 0808 196 6666

Email: [volunteers@vocal.org.uk](mailto:volunteers@vocal.org.uk)





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