

# Become a Leuchie volunteer



Give your time to give others a break

#### Become a Leuchie volunteer

When you give your time to Leuchie House, you'll get so much back in return.

You'll be helping to provide a vital service for people living with long term conditions and their families.

Leuchie respite breaks offer a lifeline to people with MS, Parkinson's, cerebral palsy and many other conditions, giving them a much needed opportunity for a holiday. For their families it offers an essential break from the demands of providing round-the-clock care.

Whatever your volunteering role at Leuchie, you'll play a part in enabling this to happen.



#### Meet our volunteers





When my youngest child started school, I wanted to do something more with my week but wasn't ready for paid employment.

At Leuchie I help the office team for a few hours twice a week, providing admin support to whoever needs it, from marketing, to HR, to the Chief Executive's PA. I love being back in an office and it has definitely helped me get up to speed with office and IT procedures, as well as building up my confidence again. The best thing is gaining work experience in a place which does so much to help others.





Volunteer role: Physiotherapy assistant

My advice to anyone considering volunteering would be not to be too restrictive in what you think you might be able to do. I assist in Leuchie's physiotherapy department once a week – very different to my job as a solicitor before I retired! I've learned new skills and enjoy the caring atmosphere in the house, meeting and helping guests and working alongside the carers and nurses to provide a much needed and appreciated service. There's a lot of fun and banter involved. It also offers me personal satisfaction in doing something so worthwhile.

### Join an award-winning team



In recognition of the outstanding work they do, in 2016 Leuchie's team of volunteers was awarded The Queens' Award for Voluntary Service – the highest UK award a voluntary group can receive.

By becoming a Leuchie volunteer, you'll join this very special team and become an important part of the wider community of Leuchie guests and staff.

There's no such thing as an average Leuchie volunteer! Aged from 16 to over 70, they come from all kinds of backgrounds, bring a wide range of different skills and ideas, and strengthen our service in all kinds of ways.



The Princess Royal presents The Queen's Award for Voluntary Service to Leuchie volunteers

### Choose your ideal role

There are all sorts of volunteering roles available at Leuchie and for most you don't need to have any specific previous experience.

We'll give you all the support and training you need.

You could:

- Help our guests at meal times
- Support our guest engagement team to deliver our activities programme
- Drive Leuchie's accessible vehicles to take guests on day trips
- Accompany guests on outings
- Support our office staff with all the admin essentials
- Help out in our physiotherapy suite
- Do some gardening around the Leuchie grounds
- 学 Work with our fundraising team



#### Meet our volunteers



Melissa 뜾

Volunteer roles: Guest evaluation, admin support and meal assistance

In 2011, I was persuaded by one of Leuchie's trustees to visit, loved what I saw, and I've been volunteering ever since! I have various volunteer roles. From carrying out guest evaluations, to assisting at lunchtime once or twice a week, to stuffing envelopes and fiddling about with spreadsheets to help the bookings team!

The thing I enjoy most about being at Leuchie is the people. The staff, the volunteers and of course, the guests. The more I come, the more I love it. It's great to be appreciated and know that your contribution, however small, is valued.



### Get lots back in return

There are all sorts of rewards you can expect from becoming a Leuchie volunteer - increased confidence, new skills, a fresh challenge, a chance to give back, opportunities to meet new people and much more.

You may well have your own specific goals too. You might want to refresh and update your work experience before tackling the job market. Or supplement your studies with hands-on experience. Or stay connected after retirement. We can help with all of that!

## Help give others a break

If you'd like to find out more about volunteering at Leuchie, we'd love to hear from you.

Get in touch today and let's have a chat about how your spare time can help give others a break.







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Thanks to the Tyne Esk Local Action Group LEADER Programme and The European Fund for Rural Development for supporting the development of our volunteering programme in 2016/17



The European Fund for Rural Development: Europe investing in rural areas

Leuchie is a charity registered in Scotland no SC042249. Company no SC392721.