## Help Barnardo's during Volunteers' Week

Volunteer's Week runs from 1st- 7th June and Barnardo's Scotland is celebrating the 30th anniversary of Volunteers' Week by saying a huge 'thank you' to the army of volunteers across Edinburgh who give their support, daily, to their shops, services and fundraising events.

The charity hopes that this week of celebration will encourage people to find out more about volunteering and is keen to hear from anyone who would like to put their spare time to good use and become a volunteer with the charity.

The charity currently has volunteers nationwide from all walks of life, ages and abilities, but is keen to recruit more people willing to donate their time. Volunteers help Barnardo's Scotland in a variety of ways. These include volunteering directly with children and young people, in the charity's shops and offices or helping to raise vital funds.

Barnardo's Scotland also has special opportunities for employee volunteering, young volunteers and university students. Volunteers get involved for many reasons — to support Barnardo's Scotland's work and cause; to do something unusual and inspiring or to learn new skills and improve their CV. It is also an opportunity to meet new people.

Alison McLaughlin, Volunteering Manager at Barnardo's Scotland, said:- "Volunteering is fun and rewarding. It can also be a stepping stone to a new career and help you to gain the skills you need for a new role or job. Depending on a person's interests and skills, Barnardo's Scotland can find the right volunteering opportunity to suit you."

Deriel Loftus, Area Business Manager for Barnardo's Scotland, is keen to hear from people willing to volunteer in one of her

21 shops. She says: "Volunteers are crucial to us. They are vital to running our business. In fact, we simply couldn't exist without them. They are an important part of our success and are an integral part of Barnardo's Scotland.

"Our shops are very professionally run and volunteers can gain valuable experience and a lot of enjoyment out of joining their local store team."

All Barnardo's volunteers are given full training and support. If you're interested in volunteering with Barnardo's Scotland, please call 0131 446 7000 or go to the website.

If you are interested in volunteering in a shop, please ring 07810 152195 for details of your nearest store.