

# Volunteers needed to help Bield tenants in Leith



If you have an hour or two to spare then why not volunteer in Leith?

Bield, one of Scotland's leading care and housing providers, is highlighting the important role that volunteers play in assisting older people to enjoy happy and fulfilled lives.

Gordon Court in Leith is looking for volunteer befrienders to get to know tenants and help restore confidence while encouraging them to engage socially in the wider community.

The befriender program is crucial and volunteers are asked to commit to only a few hours a week to build a satisfying and ongoing companionship with a tenant at Gordon Court.

Christine Wood, development manager, said, "This is a wonderful opportunity for our tenants who feel isolated or unable to get out on their own. Many would love to be able to do some of the activities they used to, and with the support of someone else this could be possible again.

"It's the little things that are most important to tenants here at Gordon Court. The chance to have a chat for a couple of hours is really welcomed and helps to broaden their world.

"Our 'Free to Be' philosophy helps to enrich the lives of all our tenants and befrienders are always able assist residents in achieving their freedom and boosting quality of life, especially when mobility is decreased."

If you enjoy socialising with other people, have some spare time and would like to become more involved in the local community please consider this hugely rewarding program.

Times are varied and flexible across all these developments and roles but Bield are looking for a six month commitment in any case. Each role asks for only a few hours a week on a regular basis so that tenants can get to know volunteers and get the most out of each experience.

Enquiries are welcomed from anyone over the age of 16 and full training and support is provided. Bield are also able to pay out-of-pocket expenses.

For more information please call Christine Wood on 0131 554 3231 or Donna Dickson on 0131-273-4095/07887 796 744 or email [volunteering@bield.co.uk](mailto:volunteering@bield.co.uk)