

Volunteers Week – Barnardo's Scotland thank their volunteers

Barnardo's Scotland is making the most of Volunteers' Week which begins today by thanking the thousands of volunteers across Scotland who offer their time to the children's charity's shops, services and fundraising events.

The charity wants to encourage people to find out more about volunteering and is keen to hear from anyone who would like to become a volunteer with the charity.

Alison McLaughlin, Volunteering and Community Engagement Adviser for Barnardo's Scotland, said: "Volunteers are the life-blood of Barnardo's Scotland and really make the difference. We wouldn't be able to help the number of children, young people and families we do without their invaluable support and dedication.



"Volunteering is fun and rewarding. It can also be a stepping stone to a new career or an outlet for your creativity, compassion and knowledge. Depending on a person's interests and skills, Barnardo's Scotland can find the right volunteering opportunity to suit you. We really couldn't do what we do without them which is why Volunteers' Week is so important as a means of showing our appreciation!"

Barnardo's Scotland has volunteers in Edinburgh and the

Lothians 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 at events.

Judith Hunter who works for John Lewis in their Edinburgh store volunteers her time. She said: "I've enjoyed every opportunity and volunteering with Barnardo's Scotland is extremely rewarding. I've also visited a couple of locations and seen the difference Barnardo's Scotland make to children here in the Lothians.

"I've organised and helped with several Barnardo's projects including two Store Wars days, cake sales in our Partner dining room, singing in the John Lewis Choir, gardening at the Caern Project and made many donations to Barnardo's shops.

"Get involved and make a difference to a young life! You will have fun and feel good for giving something back."

Volunteers get involved for many reasons – to make a difference to children and families in their area; for a sense of achievement and to take on a meaningful challenge or to learn new skills, improve their CV and meet new people.

All Barnardo's volunteers are given full training and support. For more information on volunteering in our shops, services or events, please

visit www.barnardos.org.uk/get_involved/volunteering or contact scotland-volunteering@barnardos.org.uk.