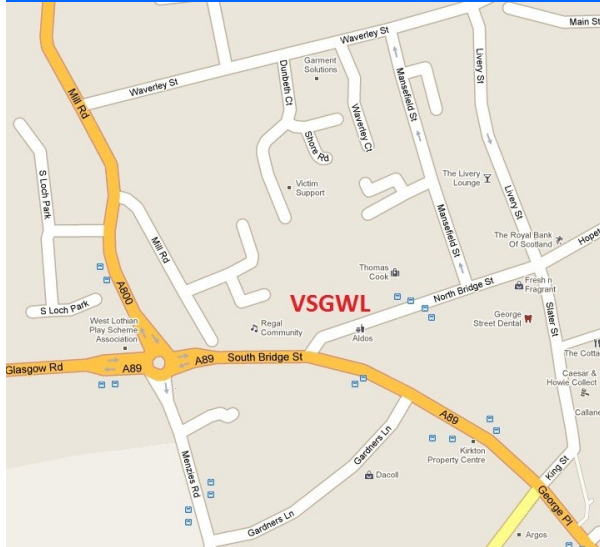


## Where to find us



Voluntary  
Sector  
Gateway  
West Lothian



36 - 40 North Bridge Street  
BATHGATE, EH48 4PP

**Jim McGregor**  
Volunteer Development Officer

Phone: 01506-650111

Fax: 01506-650222

Web: [www.vsgwl.org](http://www.vsgwl.org)

E-mail: [jim.mcgregor@vsgwl.org](mailto:jim.mcgregor@vsgwl.org)



West Lothian  
Council

Awards are also available from the following organisations:

Army Cadet Force

Air Training Corps

ASDAN

Boys' Brigade

Duke of Edinburgh's Award

Girlguiding Scotland

Girls' Brigade in Scotland

John Muir Trust

Prince's Trust Scotland

Scout Association

Sports Leaders UK

Youth Scotland's Youth Achievement

& Dynamic Youth Awards

YouthLink Scotland



see more at

[www.youthscotland.org.uk](http://www.youthscotland.org.uk)

"Amazing Things 2"

youth achievement awards



Voluntary Sector Gateway West Lothian is a Company Limited by  
Guarantee SC244154; Scottish Charity No. SC027612



Supporting, Promoting  
and Developing  
West Lothian's Voluntary Sector



**WHAT'S AN  
MV AWARD?**



## What's Volunteering?

If you have ever helped at a youth or sports club, or taken part in a sponsored walk, then you have been a volunteer. A volunteer is someone who gives of their time, free of charge, through a third party to help other people.

Without volunteers, many charitable organisations could not survive. They need people who are reliable, sympathetic to their aims and able to contribute in some way to their project.

Enthusiastic young people, in particular, are welcome.



*Dedicated young volunteers from West Lothian receiving their Awards of Excellence. Pictured with Celebrity Hijack Winner, John Loughton, who presented their certificates.*

## MV Award

Young volunteers, aged 16-25 years, choose to participate and good quality volunteering opportunities are an integral part of the programme. The scheme is now Awards - rather than Project-based.

Having volunteered for 50 or 100 hours, within two years, volunteers receive a certificate signed by a Cabinet Minister and, for volunteering 200 hours, they will receive an Award of Excellence signed by Scotland's First Minister.

For some young people, volunteering is simply a way to make new friends. For others it is a chance to learn something new and get a current reference.



*Sure Start Peer Educators with their volunteer 'guinea pigs' after a training session*

## Work Experience

For most careers there is a voluntary placement which will provide you with valuable work experience.

For example:

- Nursery Nurse — it is useful to have prior experience of working with children. Skills in art, crafts, music or drama are also helpful.
- Social Worker — six to twelve months relevant experience, paid or voluntary, would be invaluable and a student in Social Care is expected to include relevant voluntary work.
- Retail Assistant — communication, numeracy and teamwork are quickly learned within the safe environment of a charity shop.



*Young volunteers from West Lothian Youth Action Project*