

Real Life Options

a real choice | a real voice | a real difference

Real Life Options is a charity which has services located all throughout the UK in various locations. We offer services such as Day Centres, Outreach and supported living to support people within our care to live their lives as full as possible.

We are currently looking for volunteers to join our Real Life Volunteers programme for all of our services throughout Scotland. We also are looking for anyone with an interest in enhancing the lives of the people we support to get in touch. We are looking to get volunteer on board who would like to get involved with very creative activities such as Arts and Crafts, Baking/Cooking and music as we feel our service users would enjoy these activities so much and it would make such an impact to their lives.

During these difficult and unsettling times, more than ever the people we support would benefit from any time and commitment from yourselves.

The best gift you can give someone is your time

Role: Community Volunteer

Main tasks

Will vary but may include; chatting and befriending people, musical activities, arts and crafts activities, cooking and baking.

Required skills, qualities and experience

The volunteer should be patient, empathetic and a good listener. Non Judgemental and confidentiality is vital. Volunteers should also enjoy the tasks mentioned above.

Where and when will volunteering take place

This will be dependant on the location of the service and we will look at the most suitable service in terms of location and service users.

Commitment required

For continuity and routine we look for at least 2 hours per week for the benefit of the service user and the volunteer to build and maintain relationships

Training and support

We will provide classroom training and online training free of cost. Training will include including Health & Safety, Safeguarding, Food Hygiene, Equality & Diversity, Fire Safety, GDPR (Confidentiality), Infection Control, First Aid and Moving & Handling.

Selection procedure

Application form, meeting with volunteer manager, references, PVG disclosure.

Is there disabled access?

Yes to all services

Expenses provided

All agreed out of pocket expenses will be reimbursed which includes travel from home. As long as receipts are provided.

All volunteers will get access to our Real Rewards scheme and will get access to various benefits that paid staff have access to.