

✓ About Us

Positive Help was set up in 1989 to provide practical help for people affected by HIV and Hepatitis C (HCV) in Edinburgh and the Lothians. Since then, our services have developed to meet the changing needs of our service users but our original purpose remains.

Positive Help aims to greatly improve the day to day quality of life for those with HIV and HCV. We provide 4 different services for our clients, all delivered by volunteers and supported by a small staff team.

✓ What we need

We need volunteers for all our 4 services, as well as fundraising and office support.

Do you enjoy meeting new people and seeing an immediate benefit to your work? Are you looking to have a flexible time commitment? Our transport and home support services need you!

Do you relate well to young people and would you like to make a real, lasting difference in a child's life? Are you able to commit to volunteering for at least 6 months, and possibly much longer? Our children's services would really benefit from having you as a volunteer!

We value and support all our volunteers as individuals and develop their volunteering role to suit their time commitments and interests, so there is something for everyone!

✓ Useful Information

All volunteers must undertake a PVG (Protection of Vulnerable Groups) check with Disclosure Scotland (there is no cost to volunteers for this).

We require you to supply contact details of two referees.

All volunteers must be aged 18 or over (with the exception of office support volunteers).

✓ Contact Us

Positive Help
First Floor
139 George Street
Edinburgh
EH2 4JY

Phone **0131 225 4766**

Fax **0131 225 7663**

Email **admin@positivehelpedinburgh.co.uk**

Website **www.positivehelpedinburgh.co.uk**

Office Hours Monday – Friday 9am – 5pm

If you would like to support our work by volunteering or making a donation please do contact us.



Volunteering with us



✓ Transport

We need volunteers to drive clients to and from their medical and social care appointments, providing practical support and a friendly face for clients. We can hire a car for you if you don't have use of your own.

Commitment? Flexible – from a half day a fortnight to a couple of days a week.

✓ Home Support

Volunteers provide support for service users in their homes, with a variety of tasks depending on what you enjoy and your skills, including cleaning, de-cluttering, DIY, painting, and gardening. You might be matched with one regular client who you see every month, or you might take part in group sessions with other volunteers providing the opportunity for a fun, social and relaxed volunteering experience!

Commitment? Flexible – most of our volunteers commit to between 1 and 4 sessions a month.

✓ Office Support and Fundraising

Our office support volunteers are our hidden gems! You will help to coordinate our home support and transport services, develop and deliver training, compiling our monthly statistics and helping to recruit more volunteers! You will be fully supported in what is a varied role.

Fundraisers help to identify opportunities for us to raise funds for our vital work, for example sponsorship events that our supporters may be interested in taking part in. Volunteers from any service (or their friends/families!) can raise money for us in these events – we will provide you with lots of support, and some Positive Help memorabilia!

✓ Children's Services

We are looking for reliable and enthusiastic volunteers who can relate well to young people and act as a positive role model for them, and who can be a stable influence in their lives. We match volunteers with a child or young person aged between 3 and 18 who is affected by HIV or HCV.

Commitment? Either weekly, fortnightly or monthly, depending on service.

Befriending

You will take part in a range of one-to-one, fun activities with your match on a fortnightly or monthly basis. Volunteers will work on key skills with their match, including confidence and self-esteem, and you will tailor their visits to activities your child enjoys, for example going swimming or rock climbing, visiting museums or doing crafts.

Homework Club

This role involves helping a child build their reading, writing, numeracy and computer skills through one-to-one mentoring and interactive group sessions. You will meet with the child once a week to support them with their homework, after which you will spend some social time together by going out for a meal.



✓ About volunteering

Positive Help really values its volunteers as its greatest assets. Without their time, dedication and enthusiasm our services simply would not run. All volunteers are required to undertake our full induction training which runs three times a year. The training covers topics such as first aid, assertiveness and boundaries, medical information and both child and adult protection. This enables you to work effectively and with confidence, as well as giving our clients confidence in our services.

Following the completion of the training programme, volunteers will be introduced to their roles by the Volunteer Coordinator for that service. On-going one to one and group support, training and supervision will be given.

All out of pocket expenses will be reimbursed on submission of receipts and a completed expenses form.

✓ Why volunteer with Positive Help?

Volunteering with Positive Help is an incredibly rewarding experience. By working directly with our service users, you get to see firsthand the difference your support is making.

"Volunteering with Positive Help has been invaluable, I have gained confidence within myself and it has helped me decide on what I want to focus on in the future. Through the Home Support scheme I have experienced the appreciation clients show after just a few hours of assistance. What can be seen as arduous tasks are turned into fun and friendly sessions!"

"I feel more confident about my people skills and being a befriender really helped me to get to know Edinburgh and some great people outside of my student sphere. The training was fantastic for my CV".