

INCHGARTH COMMUNITY CENTRE

ABOYNE PLACE, GARTHDEE, ABERDEEN, AB10 7DR

01224 325191 • WWW.INCHGARTH.ORG



VOLUNTEER OPPORTUNITIES



INCHGARTH, A CENTRE OF EXCELLENCE

Inchgarth Community Centre in Garthdee is an award winning organisation recognised by her Majesty the Queen via the Queens Award for Voluntary Service, an MBE and the highest award an organisation can receive in the UK.

Our centre provides a massive programme of 150 sessions of activity for all ages while our facilities and opportunities are second to none. We take particular pride in the services provided for the most vulnerable people in society (the elderly, the young and those with additional support need). We have kept as much services as possible during Covid, while supporting the community with financial help and a newly created foodbank.

We aim to offer the best services we can, with as many groups and classes as possible. Having volunteer class tutors allows us to offer them for free to our members.

INCHGARTH, A CENTRE FOR AND BY VOLUNTEERS

Our Community Centre relies a lot on volunteers, who made what Inchgarth is today: the busiest Community Centre in Aberdeen, which aims to help our community and the whole city to grow.

New Volunteers are always welcome at Inchgarth as we try to give everyone the same opportunities. We are happy for children above 12 years old to volunteer with us, as well as people with additional support needs.

Volunteering and supporting one another is part of our core values at Inchgarth. It's important to us to create great volunteering opportunities where people can learn new skills, meet new people and learn about themselves.

Volunteering is also a lot of fun at Inchgarth, we have lots of wonderful groups with amazing people for you to volunteer with!



INCHGARTH VOLUNTEERING IN NUMBERS

NUMBER OF INCHGARTH VOLUNTEER

181

DUKE OF EDINBURGH RECIPIENT SINCE 2018

78

COVID-19 SUPPORT VOLUNTEERS

122

PEOPLE HELPED DURING COVID-19

5500

HOURLY RATE FOR 1H OF VOLUNTEERING IN ABERDEEN*

£13.9

VOLUNTEER HOURS FOR THE PERIOD**

14079

HOURS PER MONTH

587

VALUE PER MONTH

£8,154

VALUE FOR THE PERIOD** OF VOLUNTEERING AT INCHGARTH

£195,698

** : Period studied March 2020 to March 2022

Sources: Annual Survey of Hours and Earning (ASHE), 2019
https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/earningsandworkinghours/datasets/placeofresidencebylocalauthorityashetable8?fbclid=IwAR1186VKeA_10FfEdYoLTSnale-uPr4Jd0-IIIv_FEPaJ7XePYsZzgt6h_0

*: Median Hourly Pay (gross) in Aberdeen 2019

Volunteer Scotland, Guidance Calculating the economic value of your volunteers.
https://www.volunteerscotland.net/media/254583/guidance_-_calculating_the_economic_value_of_your_volunteers.pdf?fbclid=IwAR1Uzo-gmLKJ9AnVkhZIELjsno24CdzsPLnWVd_7iyog0mfLdDw_PwRI6Eg

WHY SHOULD YOU VOLUNTEER?

Helping you community

Bring support to the most vulnerable groups in society to help the community to grow.

Develop Various skills

Gain confidence and experience, gain new skills that can help further your professional career.

Networking

Meet new people and enlarge your social circles to gain new opportunities.

Improve your CV

Volunteering while studying or during a period of unemployment is very beneficial for your CV, especially within a structure with a Queen's Award.

Make the best out of your free time

Volunteering is a great way to boost your physical and mental well-being or at least to fight boredom.

Be part of a community project

Learn about project management while working for the community.



VOLUNTEERING AWARDS IN SCOTLAND

Saltire Awards

The Saltire Award is the Scottish government award that celebrates and recognises the commitment and contribution of youth Volunteers (12-25). To sign up, visit www.saltireawards.scot

Duke of Edinburgh

This programme is a real adventure from beginning to end. It doesn't matter who you are or where you are from. You just need to be aged between 14 and 24. For More information, contact your school/university or visit www.dofe.org



Queen's Award for Voluntary Service

In 2017, Inchgarth received the Queen's Award for Voluntary Service which is the highest award given to local volunteer groups across the UK to recognise outstanding work done in their own communities.

This award belongs to everyone volunteering with us, as they are doing an amazing job helping the community. Come join us!



VOLUNTEERING AT INCHGARTH

Volunteering takes a central place at Inchgarth, allowing us to have a lot of free classes for everyone and successful clubs. Before volunteering with us, there are a few things you should know.

If you can't make it, please let us know as soon as possible. We understand you have other priorities (such as school, Uni, work, family, etc), and while volunteering is not mandatory, it is a commitment.

Some of you might come from other parts of the city and need to take the bus. We can refund the bus fees (all you have to do is to keep your bus ticket so we can make a copy of it).

While volunteering at Inchgarth, please let us know if you run into any issues. We will not accept if someone is disrespecting you in any way.

Please keep in mind that while we're happy to give you reference letters for jobs, you will have to volunteer with us for at least 3 months. That being said, you'll get teas and coffees for free as soon as you start volunteering!

If interested, call us on 01224 325191 or email us at volunteerinchgarth@gmail.com

OPPORTUNITIES FOR BUSINESSES

We have different volunteering opportunities for businesses who would like to help our community.

We can organise a Volunteering Group Day, which is great for teambuilding. Everything can be discussed beforehand (what tasks to do, how long you would stay, how many people would come, cafe access, etc). We usually get the P&J to write an article about it and get you good PR.

We also have individual opportunities in this booklet that might interest some of your employees who are looking to volunteer. We're happy to get anyone to volunteer, even for a set period of time.

The other way you can help us as a business is with a monetary donation or with a food donation directly. Any amount is very helpful, and the food is used at our foodbank to help people in need. We will be grateful no matter how you decide to help us!

Email us on inchgarthcc1@btinternet.com or phone us on 01224 325191 if you are interested!



ABOUT THE QUEEN'S AWARD FOR VOLUNTARY SERVICE

Every day, millions of people across the UK are making a difference by volunteering. Each year, outstanding examples of this work are celebrated through the Queen's Award for Voluntary Service (QAVS). Created in 2002 for the Queen's Golden Jubilee, QAVS awards have been shining a light on the fantastic work of voluntary groups for many years.

Equivalent to an MBE, QAVS are the highest awards given to local voluntary groups in the UK, and they are awarded for life.

The Queen's Award for voluntary service is celebrating:

- Groups that are truly outstanding and making a big difference to their local community.
- Groups where volunteers, rather than paid staff, are in the driving seat.
- Groups that have the highest standards in everything they do.



**The Queen's
Award for Voluntary Service**

The MBE for voluntary service

**Providing services
for people of all ages and abilities
for a lasting impact**

INCHGARTH RECEIVED THE QAVS IN 2017

Inchgarth has always relied on its volunteers to offer outstanding services to the community. Everyone is invested in the same project, from our cafe helpers to our committee board members. We want to help the community to grow and alleviate the hardship our members are facing.

After many years of hard work, we were awarded the Queen's Award for Voluntary Service in 2017. We are very proud of receiving this award, as it celebrates all the hard and amazing work our volunteers have done throughout the years. Thanks to the commitment and effort of our volunteers, we have become a true centre of excellence!

This award belongs to all of our volunteers, old and new. We are very happy that our volunteers are recognised with the best award in the UK for everything they do for the community!

You can join our volunteer team at any time and become yourself a QAVS recipient!



**n's Award
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unteer groups

**and opportunities
l ages, making
ifference**

VOLUNTEERING OPPORTUNITIES: GROUPS

We have plenty of groups and clubs where you can volunteer. It's a great way to make new friends while helping the community!

You must have a PVG to volunteer with our groups that do regulated work. We will get one for you if you need it at no cost for yourself.

Pensioners Club Helper ***Monday, 1-3pm***

Help us offer the best experience to our Pensioners Club, a lovely social group for older people.

- ✔ Communication skills, caring experience.

Phoenix Club Befriender ***Monday, 7-9 & Thursday, 1-3pm***

The Phoenix Club is our social Club for adults with additional support needs. It's a friendly and fun place, with a great Arts & Crafts group and lots of activities.

- ✔ Communication skills, caring experience.

Toddlers Group Helper ***Thursday, 9.30-11am***

Help setting up the group and come up with ideas for games and activities.

- ✔ Organisation Skills, working with children.

Gaming Club volunteer

We are starting a Game Club and are looking for volunteers to lead it. We have lots of video games and board games, while you can also bring your own if you wish to!

- ✔ Communication skills, organisation skills.

Pool & Snooker Club Helper ***Monday, Tuesday & Thursday, 10-5pm***

Come and play pool and snooker, organise wee tournaments and games and share some fun with our members!

- ✔ Organisation skills, communication skills.



Youth Club Helper **Friday, 4-5pm**

Come and help us make the best Youth Club we can! Music, Bouncy Castle, Pool, Video & Board Games, Make-up, are samples of our activities!

✔ Communication skills, working with children.

Minibus Driver

Monday, Pensioners Club & Phoenix Club

We are looking for people with a D1 licence to get members to their club and bring them back home once their club is over.

VOLUNTEERING WITH A GROUP IS IDEAL FOR DUKE OF EDINBURGH RECIPIENT.

Volunteering with our Phoenix Club or our Friday Youth Club is ideal if you are doing the duke of Edinburgh.

Both clubs offer rewarding role where you can directly see the impact of your volunteering. It's a 2-hour a week committment, so it should not have a negative impact on your studies.

WHAT IS A PVG AND WHAT DO YOU NEED IT FOR?



A PVG is a background check done by Disclosure Scotland on behalf of the government. It is done to ensure the person can work/volunteer with vulnerable groups, such as children, adults with additional support needs or the elderly.

You will need a PVG to volunteer with our groups (Youth Club, Pensioners Club, Phoenix Clubs, Toddlers group), teaching a class, or volunteering with another charity at Inchgarth.

PVG are only needed if you are over 16. If you currently have a PVG for another job/volunteering role, we will need to update it so you are covered when volunteering at Inchgarth.

We will need a proof of address and an picture ID card from you to start the application. You will then receive an email from Disclosure Scotland asking for some information. Once you have replied to the email, it can take up to a couple of months to be all done. Once you receive your PVG at home, you will be able to start your volunteering!



SHARING YOUR SKILLS: TEACH AT INCHGARTH!

Share your skills and wisdom at Inchgarth by teaching something you are passionate about!
We are always looking for new art, music at Inchgarth!

Art tutor

You're an artist and like to share your passion? You can teach art at our community centre! Painting or drawing, kid classes or adult classes, as you wish!

✔ Teaching experience, creativity.

Computer Classes tutor

Make use of your IT skills to help people learn how to use a computer. Help pensioners to use the internet and do general tasks. Help people to improve their IT skills at a professional level.

✔ Communication skills, teaching experience.

Cooking/Baking Tutor

Run a cooking class and teach recipes you like to share! If you don't feel comfortable teaching a class, you could show your cooking/baking skill at our Youth Club, Phoenix Club and/or Pensioners Club!

✔ Communication skills, teaching experience.

Language Tutor

We are always looking for English tutor to come and teach English at Inchgarth. We would love to have any other language classes as well, so get in touch if you want to teach a language class with us!

✔ Teaching experience, communication skills.



Music Tutor

Teach music to kids (or adults) and help them improve their skill set. Whether you're an experienced musician or a self-made rock star who is keen to pass on your music skills, we are waiting for you!

✔ Creativity, teaching experience.

Mobile Phone/Tablets Tutor

Help people struggling with their mobile phone and/or tablet to get the hang of it. Getting on Social Media, taking and sending pictures, connecting to the WiFi, etc.

✔ Teaching experience, communication skills.

Want to teach something else? Get in touch!

You have everything it takes to teach a class, but we didn't mention it here? It doesn't mean you cannot teach a class with us. We promoted classes we know we will have a demand for.

Get in touch with us so we can discuss your class and promote it to our members to see if they are interested!

OTHER VOLUNTEERING OPPORTUNITIES

We have a lot of other volunteering opportunities, from Cafe Helper to Painter! Some of those opportunities are more flexible than other, so we can work around your availability to find the best time for you.

Businesses Relationship and fundraiser

Manage our relationship with local & city wide businesses to develop partnerships to fund projects and get donations for our foodbank.

✔ Communication skills, caring experience.



Cafe Helper

Working at the cafe you will serve and chat with customers, stock up items and more. It plays a vital role for Inchgarth as all profits go towards offering better services to the community. We are looking for help at lunch time (11-3pm) and during the afternoon and evening (4-7pm).

- ✔ Customer service skills, experience in waiting.

Diswasher

Help us keeping the cafe tidy and doing the dishes during the lunch time at the Cafe (12-3). It would free time for our staff so they can perform more important tasks.

- ✔ Meeting new people, cleaning skills.

Equipment and/or Gym maintenance

We are looking for experienced people to make sure our equipment is in good shape and to maintain our equipment and gym.

- ✔ Maintenance skills.

Garden Helper

We are looking for experienced gardeners to give us a green hand maintaining our garden to excellent standard. Beginners are also welcomed but as we are not gardeners ourselves, so we can only provide very limited support.

- ✔ Spending time outside, gardening skills.

General Helper

We are looking for someone to help us with recurring tasks in the building. It can be a bit of stocking up, cleaning up and more.

- ✔ Taking initiative, communication skills.

Handy person and Ground Maintenance

We are looking for people with knowledge in DIY to help us with some wee jobs around the building. We are also looking for people to help us keep our ground tidy.

- ✔ DIY skills.



Newsletter contributor

We are looking for people with good writing skills and a love for words to write article for our monthly newsletter.

- ✔ Communication skills, project management.

Social Media Marketing helper

Keep our social media updated with the most recent info about the centre, and manage online marketing campaigns to get more members and/or volunteers.

- ✔ Communication skills, marketing skills.

Painter

We are looking for experience painters to help us with painting jobs around the building.

- ✔ Painting skills.

Video Making and editing

Help us make videos and short promotional clips. Express yourself, experiment and have fun

- ✔ Creativity, project management.

Poster maker

Make posters for our groups, activities, classes and events. Develop your creativity, try new things and have fun!

- ✔ Design skills, creativity.

Website making

Using simple online tools, build and update our website and other community projects websites.

- ✔ Design skills, IT skills.



VOLUNTEER WITH DIFFERENT CHARITIES AT INCHGARTH

Some charities are using our building to offer their services, and they are also looking for volunteers! These groups work directly with people with additional support needs or people affected with mental health conditions. It's a great way to help the community and to gain valuable experience.



Future Choices

Tuesday, 11-2pm

Future Choices is a charity fighting isolation. They meet every Tuesday and organise games and activities for their members and they have lunch together. Join them to help isolated people!

Contact David Forbes on 07821 700046.



Brain Injury Grampian

Friday, 1-3pm

First Wednesday of the Month, 7-9.30pm

The BIG group is a volunteer-led charity aiming to support all people in Grampian affected by Acquired Brain Injury. They are raising awareness of the condition and reducing the social isolation often experienced by people affected by Acquired Brain Injury.

They are mostly looking for befrienders.

Volunteer With Create Aberdeen

Monday to Friday.

Create Aberdeen is a non profit charity which intends to deliver quality and meaningful life choices through drama, art, music and exercise. They have lots of music and dance groups where you can volunteer!

Contact Create Aberdeen on 01224 313323.



OTHER WAYS TO GET INVOLVED AT INCHGARTH!

You can get involved with our community centre without volunteering. You can find below examples of that!

BECOME A MEMBER!

For £10 a year, become a member of our community centre and support our vital work with societies most vulnerable people. Membership gives your free access to some classes, to the pool hall and discount for certain classes. We usually send update and opportunities to our members before sharing with anyone else. Lastly, it gives voting rights at our AGM and the right to stand for election to join the management committee.

BECOME A COMMITTEE BOARD MEMBER!

We are looking for motivated people to join our management committee. The committee takes important decisions relative to the centre. It's a tremendous opportunity where you learn a great deal, meet lots of new people, get the opportunity to bring fresh ideas to the table, ideal for your personal development and skills, while becoming part of a well established, respected, and important organisation in the city.

FOLLOW US ON SOCIAL MEDIA!

An easy to help us out is to follow our social media and share our posts with your friends! It will help us find new members, fill up classes and find new volunteers too!

JOIN OUR FITNESS GYM!

Our community fitness gym is the ideal, low cost, quiet and comfortable space to enjoy exercising without feeling self conscious.

If you're interested, please call **01224 325191** to organise an induction. Once your induction is booked and done, you'll get access to the gym at any time (while the centre is open).

Gym Membership is only £30 a year (£20 with a membership), so don't miss out such a great opportunity!

MAKE A FOODBANK DONATION!

Our foodbank running on Wednesday is always looking for food & essential supplies and any donations help. We have more than 50 people using the foodbank weekly, and a lot of them are picking up food for their families. You can bring your donations to the centre from Sunday to Monday from 10am to 9pm and on Saturday from 9 to 2pm.

If you can't make it to Inchgarth, you can use our Amazon wishlist and the food will be delivered to us. Here is the link to our wishlist: [AMAZON WHISHLIST](#)

COME FOR LUNCH AT PEGGY'S CAFE!

The tastiest way to help us is to come at Peggy's for lunch during the week, between 11am and 3pm. we have tremendously improved our menu is the last couple of years, with the additions of Bacon and Egg Rolls, homemade meals and soups and more! The food is delicious and there is always someone to chat with!

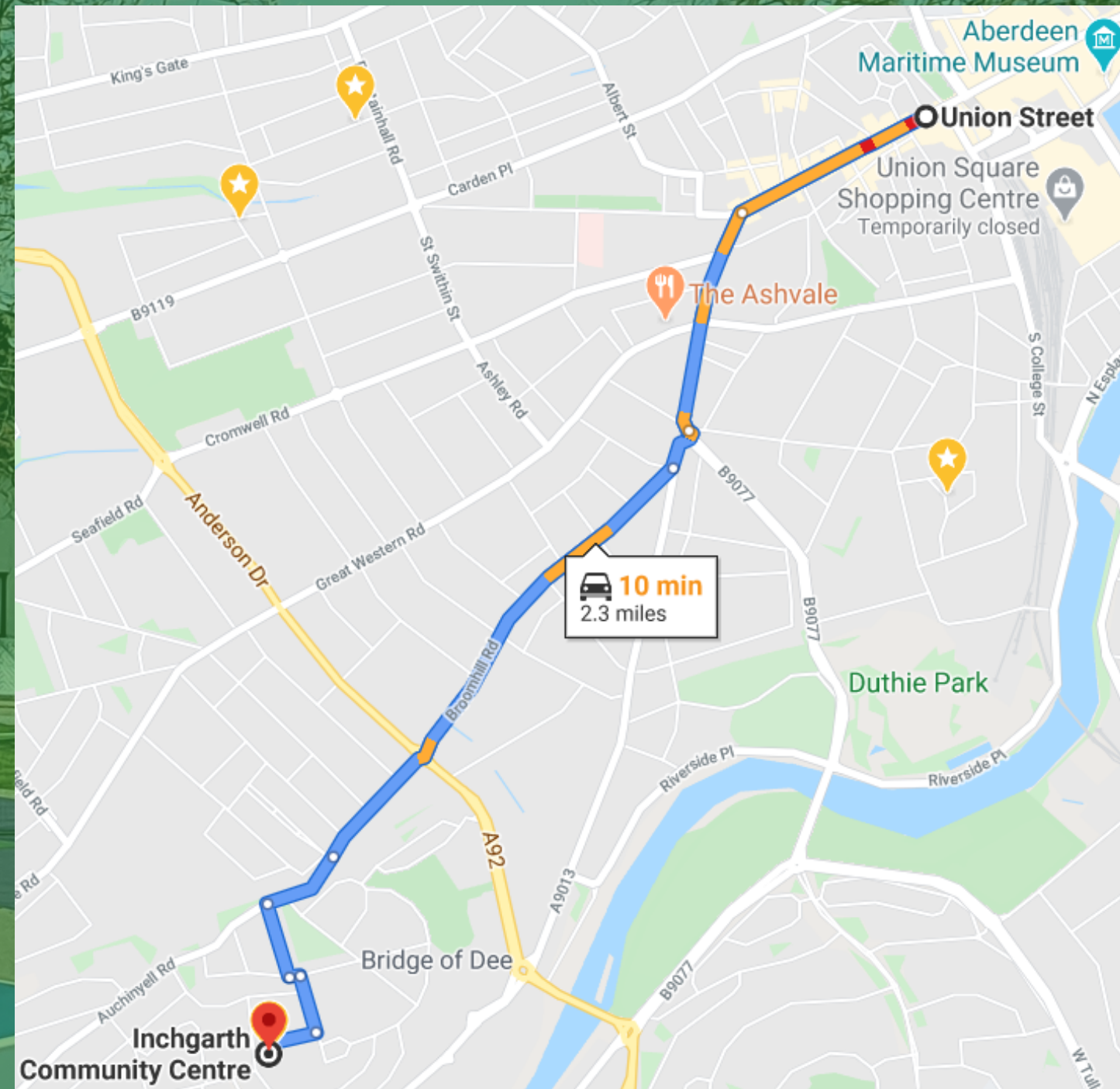


HOW TO GET TO INCHGARTH?

Inchgarth Community Centre is located in the South of Aberdeen, two minutes away from RGU. To get there by bus, you can take First Bus number 1 or 2.

By Car from Union Street, Simply follow holburn street or Broomhill Road until you reach Garthdee. The centre is located on the top of the hill.

If you're walking or biking, you can follow the Old Deeside Railway Line until Garthdee, for a lovely walk (keep in mind there is no light at night).



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