

VOLUNTEER ROLE DESCRIPTION

WHAT IS VINTAGE VIBES?

Vintage Vibes is a fresh way of tackling isolation and loneliness among the over 60s in Edinburgh – who we call our VIPs.

IS THIS YOU?

We are looking for volunteers with day time availability to be matched 1-1 with a VIP to create a friendship based on shared interests.

This would initially start as a **telephone based call once a week**. The option for physically distanced outdoor visits/walks with your VIP once you have got to know each other.

OUR GOAL

Our goal is to tackle isolation and loneliness and to encourage VIPs to become more active in their local communities.

YOUR ROLE WILL INCLUDE:

- Contacting your VIP once per week initially by telephone. Option for physically distanced outdoor visits/walks with the aim that indoor visits would start up when it is safe to do so as supported by Vintage Vibes.
- Creating a wonderful friendship with them

MY AVAILABILITY

- You must be free to volunteering for a period of at least 6months
- Morning or afternoon availability, once per week for at least one hour

SKILLS AND EXPERIENCE

- No previous experience, just have an open and friendly approach

BENEFITS (VOLUNTEER EXPENSES)

- Face masks, sanitizer and wipes for physically distanced outdoor visits.
- Travel and reasonable volunteer expenses covered

HOW TO SIGN UP:

If you would love to be part of a team of AMAZING VOLUNTEERS, please get in touch with us at: hello@vintagevibes.org.uk or call us on: 0131 343 0955