

## Bulletin

### Surrounding Volunteering Activity

#### Caithness voluntary Group HTSI

A quick update on all things relating to volunteers and the groups supporting them in Caithness.

**Hearing and Sight Care:** A reminder that this organisation is open for business [in compliance with government guidelines]. Hearing & Sight Care offers support to people with sensory impairment in Caithness & North Sutherland. It works in partnership with NHS audiology department and Sight Action and has two drop-in centres in Wick and Thurso. This is just a reminder that the centres opening hours are

Wick -Monday, Wednesday and Thursday 10 am - 2pm

Thurso -Tuesday, Wednesday and Friday 10 am - 2pm

[hsc@sensorycentre.org.uk](mailto:hsc@sensorycentre.org.uk) for more information

**Safeguarding Support:** To assist with the new *Management of Offenders [Scotland] Act2019*, updated self-disclosure templates and guidance on recruitment is available on the Volunteer Scotland Website. This is a helpful tool for organisations when it comes to the recruitment of volunteers. It will enable them to update their policies and procedures regarding the PVG process

[Volunteer Scotland | Help Make a Difference through Volunteering](#) or contact the local coordinator [volunteering@cvg.org.uk](mailto:volunteering@cvg.org.uk)

#### Volunteer opportunities Available

**Active Schools –East and West Caithness** Are looking for volunteers to help with Activity groups operating during extended lunch breaks within schools throughout Caithness [therefore available in multiple locations] Also for Sport activities after school or weekends. E.g Rugby, football, Cricket . Volunteer do not need to have a background in sport but be willing to help out and get young people involved.

#### Girl Guiding Association

**1<sup>st</sup> Thurso Girl Guiding** Welcome new guide leaders to help with the continuation of Girl Guide sessions. The girls are having a blended approach to the weekly meetings –digital, outside sessions and in Hall following government guidelines. However new volunteers are needed because of the increased demands on current volunteers.



**The Healing Hub** The Healing Hub located at the Brae head, Breadalbane, Wick has been refurbished into a community Wellbeing centre. It contains the oxygen Chamber to help people with illness like, MS, Parkinson's etc. They are looking for volunteers to help operate the chamber and offer emotional support to the users of the service. Volunteers are required for two hour shifts and full training given. A small team of dedicated volunteers are responsible for the running of the centre, but willing reliable helpers are needed to maintain or expanded the opening times.

If you are interested in any of the volunteering opportunities above, please contact Catherine Patterson [volunteering@cvg.org.uk](mailto:volunteering@cvg.org.uk) or [www.cvg.org](http://www.cvg.org)