

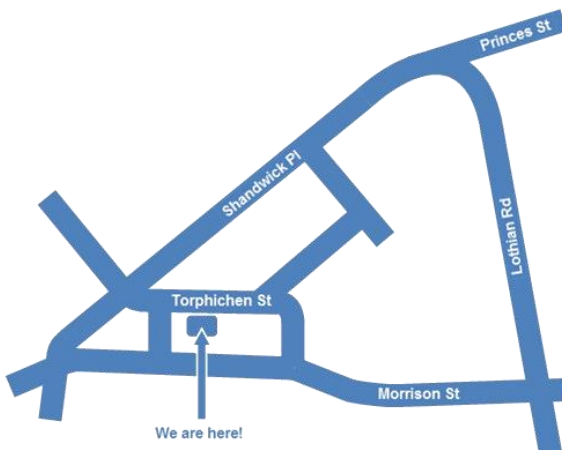


Volunteering: Health and Wellbeing Drop-in

Thursdays between 2pm and 4pm at
Volunteer Centre Edinburgh

- Thinking about volunteering for yourself or someone you support or care for?
- Finding that you need more support in your current volunteering than is available?
- Concerned that health, disability or past offences may be a barrier?

If you have answered yes to any of these questions then why not come along to one of our drop-in sessions at [24 Torphichen Street, Edinburgh, EH3 8JB](#).



Our team of specialist advisers works with people from all walks of life who wish to volunteer but have experienced some health or personal problem which needs to be considered.

- **Do I need to book a place?**

No. Please just drop in at any time between 2pm & 4pm. It is during the drop-in that we take referrals for individual appointments.

- **What if I have been before?**

Please come back – it is the one time in the week when you can drop in without an appointment and speak to a member of the Health and Wellbeing Team. We encourage people to come back and see us on a Thursday if they come across any problems while volunteering.

- **Can I bring someone with me?**

Yes. Please feel free to bring along a friend or support worker. Unfortunately we cannot cater for group visits during the drop-in. If you want to visit as a group please phone the number below.

- **What should I do if I cannot make a Thursday afternoon?**

Call us on 0131 225 0630 and ask to speak to Sarah Cleary or e-mail sarah.cleary@volunteeredinburgh.org.uk
You can also visit our website at www.volunteeredinburgh.org.uk

- The centre is fully accessible but please phone beforehand for access advice.

"It's about living life to the full"

"It's about changing the world"



Company Limited by Guarantee. Registered in Scotland SC202631. Scottish Charity SC029681

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL