



# Improving the quality of life in our community by helping people to help themselves

## FRIDAY CLUB VOLUNTEERS

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### Background

The Ripple is a community organisation started by local people. The Ripple works alongside its dedicated volunteers to provide a wide range of well-used services in our community of Restalrig, Lochend & Craigentenny.

### The Friday Club

The Ripple Project Friday Club for the over 60s gives older local people the chance to take part in a fun afternoon of musical entertainment, guest speakers and information sharing. These sessions run monthly from 1pm to 3pm and after our entertainment we all join together in the café for tea, biscuits etc. lots of chat and getting to know new friends and neighbours.

The Ripple Friday Club also runs a Super Seniors Club aimed at adventurous over 75s. Both clubs are run by a core membership of volunteers with support from the staff team.

### What does being a Friday Club volunteer look like?

- You enjoy working with older people and are willing to work as part of a team.
- You are reliable, flexible, caring and enthusiastic.
- You can commit to around 3 hours a week on a Friday apart from summer and Christmas holidays.
- You will be sensitive to any mobility and health restriction and believe in treating people with dignity and respect.

### What will you do as a Friday club Volunteer?

- Welcome members and help them settle in.
- Help prepare and serve afternoon tea and help clear up afterwards.
- Join in as much as you like with suggestions for activities and weekly events.
- Occasionally assist members in getting on and off the bus transport, travelling with the bus if appropriate.

### Protection of Vulnerable Groups

The Ripple will ask individuals to whom we are offering volunteering opportunities that fulfil 'regulated work' with children and/or protected adults to become PVG Scheme members.