

## VOLUNTEERNET

Are you caring for someone you live with? Are you both adults living in Edinburgh? Then we can link you with our volunteers who can offer you some extra support, free of charge.

### What is VolunteerNet?

It is an easy and safe way to access support from fully checked and supervised volunteers.

### What type of support I can ask for?

VolunteerNet is designed around you and your needs so you can ask for different types of support. These include:

- befriender for the person you care for, to give you some time for yourself
- befriender for yourself
- spending time with you and the person you care for i.e. going out for walks or coffee
- support to do small practical tasks such as going with you to the shops or gardening

All our volunteers offer their time, energy and contribution to people's lives for free. The role is therefore very different from a role of paid staff and so our volunteers will not be expected to take on tasks normally carried out by paid staff.

### How to apply for VolunteerNet support?

If you and the person you care for are 18 and over, you live together and you both live in Edinburgh you can apply to you the service.

Please contact Social Care Direct on

**0131 200 2324** to request a referral for VolunteerNet

Once we receive your referral, VolunteerNet Coordinator will be in touch to arrange to meet with you and the person you care for. We will listen to you and gather information about your situation and needs of the person you care for to establish whether VolunteerNet would be a useful service for you.

If it is, then you may be placed on a waiting list while we recruit the volunteer for you and/or person you care for.

### Our volunteers

All our volunteers are fully checked, trained and supervised. Volunteer who supports you will be given some information about you and person you care for. This is to make sure that they are properly prepared to support you and the person you care for

How much it will cost me?

VolunteerNet is free of charge. You will however be expected to cover the costs of any activities you ask the volunteer to support you or/and the cared for person (e.g. entry fees, refreshments).

### Further information for carers

Social Care Direct **0131 200 2324**