



“If you’re sitting only with yourself for too long, you can get empty-headed.

You think you’ve got nothing interesting to say.

“If there’s somebody with you and a thought comes into your mind, you can carry it on ...

I’m still here.

And I’m still thinking.”

*Molly*

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[www.dementia-authors.org](http://www.dementia-authors.org)

**Alzheimer Scotland** exists to help people with dementia and their carers. They provide a network of services across Scotland including:

- Information, training & support
- Day centres and home support
- Welfare service
- Free 24-hour telephone helpline

Alzheimer Scotland (Glasgow Office)  
81 Oxford Street, Glasgow G5 9EP  
Telephone: 0141 418 3930  
[www.alzscot.org](http://www.alzscot.org)



**CSV** (Community Service Volunteers) formed **RSVP** (the Retired and Senior Volunteer Programme) in 1988 and have over 10,000 RSVP volunteers aged 50+ in the UK. Volunteers take part in immensely varied activities which help their communities and bring them a great deal of personal satisfaction and sense of achievement.

Activities include:

- Befriending elderly & disabled people
- Helping children in school
- Driving people to hospital appointments
- Social & environmental projects

RSVP Scotland (Glasgow Office)  
Room 242, Baltic Chambers,  
50 Wellington Street, Glasgow G2 6HU

Become a ...



... and spend time chatting with older people in a care home or hospital



Can you spare a couple of hours (or more) a week to visit someone in care and brighten their day?

Do you enjoy the company of older people and would like to sit with somebody or spend time with a small group:

- Chatting
- Looking at photos/magazines
- Playing games
- Group outings (expenses paid by care home)

or maybe use other skills such as:

- Gardening
- Arts & crafts
- Singing & playing music

### What will I gain from volunteering?

- Make new friends
- Learn new skills
- Increased confidence

### Do I need qualifications?

No – just a natural cheeriness and the ability to relate to the person rather than be put off by their illness. Support and training will be given.



### Will volunteering cost me anything?

No. We pay out-of-pocket expenses.

### Are any checks made before I start?

Yes. There is an informal chat with the volunteer organiser and you will be asked to give two independent references. We obtain Enhanced Disclosures and provide insurance.

### What sort of training is offered?

- Initial training is given to explain dementia and the sort of changes it causes
- Different ways to communicate and help people feel happy and reassured
- Induction at the care home or hospital
- Further training is also offered

### Will I be left alone?

No. Staff are on hand at all times and you can contact the volunteer organiser at any time for a chat. There will also be opportunities for meeting other volunteers and sharing experiences.

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If you would like more information, please telephone **0141 418 3930** and ask for Lucy Gillie –

or fill in the following page and post to:

Lucy Gillie, RSVP Scotland,  
Room 242, Baltic Chambers,  
50 Wellington Street, Glasgow G2 6HU

## Application Form

Please fill in this page and post to:

Lucy Gillie, RSVP Scotland,  
Room 242, Baltic Chambers,  
50 Wellington Street, Glasgow G2 6HJ

Name:

Address:

Postcode:

Telephone number:

Although I am unable to volunteer for this project, I would like more information about (please tick):

Alzheimer Scotland

CSV/RSVP

