

# Volunteer enews

Welcome to our volunteer news and updates for December.

This month we celebrate three volunteers who have been recognised for their length of service. We also take a look at the amazing work of the Helpline team, and hear from Isle of Lewis volunteer Catherine.

We would like to take this opportunity to wish you all a happy and peaceful festive period and all the very best for 2022.



## Thank you

We would like to say a huge thank you to all our volunteers. Your hard work, passion and commitment makes such a big difference to the lives of people living with dementia, and their families and carers.

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## Length of service

Volunteers are at the heart of everything we do and play an essential role in helping to deliver our services. Even through the most difficult times of the pandemic our volunteers have been there for those we support – providing telephone befriending, supporting online groups and activities, and staffing our 24-hour Freephone Dementia Helpline. Without volunteers we couldn't achieve our mission of making sure nobody faces dementia alone.

We value every minute that our volunteers give of their time to support our work, and we aim to make sure our volunteers feel welcomed and supported in rewarding and fulfilling roles. We are fortunate to have volunteers that have been with us for many years and each year we recognise those that have attained 15 or 25 years-service with Alzheimer Scotland.

Unfortunately, it has not been possible over the last two years for us to hold our Staff, Members' & Volunteers Conference & Awards Ceremony at which we would formally recognise the contribution and commitment of our long-service volunteers. However, we were able to do this on Thursday 9th December at an online event during which Henry Simmons, Chief Executive, recognised and thanked the following volunteers for their long service with us:

## 25 years service

### Janet MacLeod (pictured)

Support Volunteer, Lewis and Harris

## 15 years-service

### Helen Robb

Dementia Helpline Volunteer

### Margaret Craig

Dementia Helpline Volunteer



Congratulations and thank you to Janet, Helen and Margaret – we look forward to working with you for many years to come!

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## In your own words

As well as keeping you up-to-date with what's happening across Alzheimer Scotland, our Volunteer Newsletter is a space to share your own volunteering stories. This month we hear from Catherine, who's been an Alzheimer Scotland Volunteer on the Isle of Lewis for over 30 years:

*'I have been supporting Alzheimer Scotland Western Isles and people with dementia locally for many years, and until Covid 19 was a Volunteer at the Solas Day Centre, Stornoway, helping to welcome people coming for support, and helping with a range of activities. When lockdown started and the Day Centre closed, we weren't able to see people any more and support them in the normal way.*

*'But I have been able to keep in contact with some of the people from the Day*

*Centre by telephone calls which they seem to enjoy, and I definitely enjoy them too. We chat about how they are, how they are feeling, and about shared memories from the town and people we both know - and have plenty of laughs! It feels good to be able to support them in this way and helps reassure me that they are doing ok.*

*'I sometimes join in with the online community activities, such as Gaelic Stories, where people have a good yarn, and it's lovely to see everyone's faces, and catch up with them.'*

You can share your volunteering stories with us by emailing  
[comms@alzscot.org](mailto:comms@alzscot.org)

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## **The difference you've made**

Our 24 hour Freephone Dementia Helpline has been operating for over 30 years, supporting thousands of people with dementia, their families and carers with information and support. Staffed entirely by trained volunteers, supported by Alzheimer Scotland staff, our Helpline continued to offer a lifeline throughout the pandemic for those who rely on our services even when other services had to be put on hold.

We couldn't do any of this without our great team of dedicated, skilled Helpline Volunteers, and we're looking for new members to join the team. If you're looking for a new volunteering opportunity, are emotionally resilient, honest and empathetic, and can commit to a minimum of 8 hours per month the Dementia Helpline might be for you. Learn more about [a shift in the life of a Helpline volunteer](#) and get further information on how to [join the Dementia Helpline team](#) on our website.



## Volunteer opportunities

Keep an eye on the [Volunteer With Us](#) website page for all our new volunteering opportunities, including the introduction of a new Volunteer Befriender role for home visits and recruitment for the Helpline.

**We believe a little bit of magic goes a long way...**

This year, our Winter Fundraising Appeal focuses on the little things that make such a big difference to the lives of the people we support. You can find out more about our appeal, meet the amazing people who feature in our videos, and find out how you can help on our website [here](#).



### It's not too late...

Alzheimer Scotland's online shop has gifts from selected partners, including ARRAN Sense of Scotland products, our own Alzheimer Scotland tartan range, and a selection of festive cards. All proceeds go towards helping people in Scotland living with dementia. You can visit our shop [here](#).



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