

Volunteering Opportunities with Capro

Capro are able to offer a variety of volunteering opportunities ranging from fundraising, admin work and board members through to outdoor instruction, working with a whole range of group types from 8 year olds to adults. We also offer an inclusive service as such our work also includes working with groups who may have physical disabilities, mental health problems or learning disabilities.

Benefits

There are many reasons why you may want to volunteer at Capro. Perhaps it's the feeling that you are doing something constructive to help within a local community or to provide yourself with a challenge. Capro like to think of volunteering as being a two way thing, benefiting both parties equally.

What's in it for you?

Though volunteering is a choice made by ones self to give freely to a worthy cause, Capro understand that it is vital to give support and to aid each volunteer's progression, thus giving something back to each individual. Below are areas of development that can be achieved through volunteering.

1. Build confidence and self-esteem
2. Make a difference
3. Encourage diversity
4. Make new friends
5. New opportunities and challenges
6. Provide a sense of fun and adventure
7. Improve career opportunities and employability
8. Be part of a community
9. Gain recognition in your specialist field
10. Be of monetary value to charities

Throughout each year Capro run a volunteer training programme, this allows us to help volunteers gain knowledge and in some cases accreditation and qualifications within there chosen volunteering field of work.

Out of pocket expenses will be paid for costs incurred whilst on Capro business, the guidelines for this are laid out in the volunteer's handbook.

What's in it for us?

Capro are always very grateful to those who give up some of their own time to help us deliver to the community. Below are areas that Capro benefit by attracting volunteers to work with us.

- We are able to deliver more activity within the community
- We are assured to be working with people who have a real commitment and share our common goals and interests
- We are able to meet more of our targets and enhance future programmes
- As a charitable organisation our fund raising ability is greater

When do Capro need volunteers?

There is no specific time of year, Capro's office and group activity is year round. We tend to be particularly busy during the school holidays.

How does the enrolment process work?

If you are interested in volunteering with Capro, you will need to fill out the "Volunteer Application Form".

Capro's Co-ordinator will get in touch regarding an informal meeting to further discuss your application, this meeting allows both parties to discuss their expectations, see if capro is suitable to your needs and vice versa and then in agreement produce a work plan based around your availability.

Once you and Capro are happy with arrangements you will likely be asked to fill out a fully enhanced disclosure Scotland form, this is essential for anyone working with those under the age of 16 and venerable adults.

As part of the process we are bound by policy regulations to put each individual through an induction process.

What is expected of you?

Commitment requirements vary dependant on the area of work that you re volunteering to do. For instance admin work may only require commitment of an hour a day where as an outdoor activity session may be 4 to 5 hours long. Hopefully we can tailor something to suit both parties.