

## What people say ...

Don't just take our word for it. Here's a few reasons why volunteering could be one of the best decisions you make.

I enjoy my volunteering experience as it gives me a sense of enjoyment working with the people we support and other Real Life Options staff. It's great to see people enjoy their time at the Centre and leave happy at the end of the day.

**Connor,  
Volunteer in West Lothian**

Encouraging people to build their skills and knowledge is so important as it builds confidence and helps staff to feel valued.

**Gary,  
Service Manager  
in Falkirk**

The staff are very polite and friendly with me. They treat me with dignity and respect.

**A person we  
support in  
Fife**

The training here is brilliant. It's really interesting.

**Staff member in  
Stockton-on-Tees**

It's important to be in the community. I used to be nervous but I feel more confident now. I like talking to people.

**A person we  
support  
in Falkirk**

## Want more information?

Regulated by the Care inspectorate in Scotland, Real Life Options is a specialist provider of person-centred support, enabling individuals to live independently with supported access to community activities.

If you would like to know more about getting involved as a Real Life Volunteer, we'd love to hear from you.



### Real Life Options (Scotland)

Suite 1, Ground Floor,  
Academy House,  
1346 Shettleston Road  
Glasgow G32 9AT



### Visit us at:

[www.reallifeoptions.org](http://www.reallifeoptions.org)



### Write to us at:

[reallifevolunteers@reallifeoptions.org](mailto:reallifevolunteers@reallifeoptions.org)



### Best of all, Talk to us on:

0141 471 8146

### You can keep in touch or follow us on:



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AWARDS  
FOR ALL  
SCOTLAND

## Can you make a real difference?

Get involved and become a

## Real Life Volunteer



**Real Life Options**  
a real choice | a real voice | a real difference

## About Real Life Options

Real Life Options was established in 1992 to support and empower people to have more choice and greater control over their lives. Over the last three decades, we have grown to become a leading national provider of social support and care.

We believe that with the right support at the right time, the people we support - those with learning disabilities, physical disabilities, autism, behaviours that challenge, mental health issues, complex and age related needs - can develop greater independence and reach their full potential.

## The community volunteer role

The role is varied, depending on your skills and abilities. Together with our Volunteer Coordinator, you can decide how your volunteering time is spent. We aim to match volunteers to people with similar interests so that individuals benefit from and enjoy spending time with our volunteers. Your role may include:

- Chatting and befriending.
- Assisting with shopping.
- Assisting with social outings.

A volunteering role is crucial as it enhances and complements the work carried out by support staff and contributes towards achieving outcomes for the people we support.

## Do you possess these skills?

- Good communication, listening, observation and patience.
- Ability to provide honest feedback to the Volunteer Coordinator.
- Good time management skills.
- Non Judgemental.
- Good understanding of privacy and confidentiality.
- An interest in making a positive difference to the lives of the people we support.
- Professional and respectful.
- A willingness to uphold our values.

## Our vision and values

**Our Vision:** To be recognised as leaders in enabling people to achieve their potential.

**Our Purpose:** To provide excellent social support and care.

### Our values:

#### RESPECT



#### HONESTY



#### RESPONSIBILITY



#### EXCELLENCE



## The benefits

We really appreciate that volunteers donate their time for free so in return for at least two hours volunteering each week, we'll provide full training and development with a support network to mentor you in your role. You'll be one of the team and have access to our Real Rewards programme.

In your role, you'll get to meet new people, develop insights, gain experience and enjoy knowing that you are making a positive difference to people living within your community.

Out of pocket expenses will be reimbursed.

## How to apply

If you'd like to get involved and become a Real Life Volunteer, we'd love to hear from you. Our full contact details are shown on the reverse of this leaflet. To register your interest, just send an email to: [realifevolunteers@reallifeoptions.org](mailto:realifevolunteers@reallifeoptions.org) and we'll send you a Real Life Volunteers application pack.

Complete and return the application form and we'll be in touch. It's as simple as that.

Please note that all volunteer roles are subject to a **PVG check and satisfactory references**.