

COVID-19 (Coronavirus) – Call for Volunteers

We would like to ask for your help as we may need to call on volunteers to support locally as this situation develops over the coming days/weeks/months. We are appealing to individuals/employees/employers and groups to pull together to ensure we can prioritise the help that is needed in the Borders.



Before considering volunteering ask yourself – am I well enough to volunteer?

It's critically important that you consider your safety and that of others at this time. NHS inform provides guidance on when to self-isolate and on how best to avoid COVID-19, at home and in other places.

If you are well enough and wish to volunteer, there are a number of ways in which you may be able to help:

- The first way is by contacting and registering with Volunteer Centre Borders. We will be able to direct you to which opportunities are needed most in your local area;
- If you know people in your community who may be vulnerable and you can contact them safely (e.g. phone call, whatsapp, drop a note in);
- Make contact with your local Community Council or Resilient Communities Group.

If you are able and willing to offer support, we would like to know what sort of experience, skills and resources you may have.

WE NEED YOU

For example, do you have any current or previous experience of working in nursing or social care? Can you drive and or have access to a car? Have you any experience of providing informal care to a friend or family member, and what sort of help do you think you could provide, with further training if necessary. If you don't have any experience as above, what help could you offer on an informal basis

Informal support may include:

- Collecting a prescription or over the counter medications;
- Doing some basic grocery shopping/taking bins out on their day;
- If you are making a meal offer to make a portion for someone who may not be feeling able to cook for themselves;
- Offering to exercise their dog if they have one and are not able to do this themselves;
- Taking some time to speak on the phone to those who may be isolated and lonely.

If you are able to help provide volunteer support, please email: enquiries@vcborders.org.uk. Thank you in advance for your help.

