

Recruitment Process

How do we recruit potential volunteers?

Volunteer application form

Informal discussion

Seek references from 2 named persons

Volunteer induction training programme

(3 sessions)

Free PVG (Protecting Vulnerable Groups) enhanced disclosure check

Final Interview (determine suitability)

Volunteer Opportunity

We provide regular volunteer induction training programmes at various times of the year, please contact us to find out when our next programme will take place.



Contact Us

Any Enquiries should be made to either of our volunteer coordinators:

Michelle McBride

(Available Mon, Thur, Fri)

Tel: 0141 425 4850

Email: volunteerwest@gamh.org.uk

OR

Lynne Lamb

(Available all week Mon-Fri)

Tel: 0141 425 4850

Email: volunteereast@gamh.org.uk

GAMH Head Office

0141 552 5592

This Leaflet can be made available in various formats including Braille and other languages.

Volunteering Opportunities

Our purpose is to create opportunities for people to play an active role in their communities through volunteering.



GAMH - ABOUT US

GAMH promotes the mental health and wellbeing of people and their communities. We provide opportunities which promote mental health recovery.

VOLUNTEERING WITH GAMH

GAMH are recruiting a wide and diverse range of volunteers from all communities who can bring their own knowledge, skills and experience to a variety of volunteering roles providing creative support to individuals and to the organisation.

All we ask is that you can commit to 2-3 hours on a regular basis for a minimum 6 month commitment.

VOLUNTEER FRIENDLY AWARD

In recognition of our commitment and investment in volunteering GAMH has achieved the Volunteer Friendly Award from the Glasgow Volunteer Centre. This award is a quality standard which supports, recognises and rewards group and organisations who are good at involving volunteers.

VOLUNTEERING OPPORTUNITIES

VOLUNTEER BEFRIENDER

Volunteer befrienders offer social and emotional support. A volunteer is matched with a befriender (person using the service) and will meet up with them on a regular basis to share a social activity together. The benefits of having a befriender can include reducing social isolation, improve on confidence & motivation and get involved in social activities. Volunteers claim out of pocket expenses and the befriender is expected to cover their own costs

GROUP ACTIVITY VOLUNTEER

We offer volunteers the opportunity to participate in and provide emotional and social support and assist individuals who actively take part in a range of collective activities across the city which help them to build skills and capabilities.

There may be other volunteering opportunities within the organisation that you may be interested in.

WHAT CAN WE OFFER YOU

As a volunteer with GAMH you can expect:

Volunteer induction training programme which includes communication, mental health awareness, boundaries, confidentiality and equalities.

To develop your existing skills and gain experience of working in a mental health organisation.

Have ongoing support and supervision from an experienced volunteer coordinator / named person

A Package of training eg. Scottish Mental Health First Aid, Adult Protection, Strength Based Practice in addition to external training from partnership agencies.

Reimbursement for any reasonable out of pocket expenses

Clear health & safety, policies and procedures in place

Be recognised and valued and have access to opportunities for career progression.