

## Community Connections Volunteer Roles

You can find more details in our Volunteer Handbook.

### 1. Scone Café

**Wednesdays 1-3pm at Abbey Church Hall.** This is our core 'launchpad' activity, where we invite new referrals wherever possible to take part in a weekly gathering and meet others for conversation and friendship. Volunteers might look after members, serve coffee, bake, tidy up etc - various roles available to suit! Here as in other activities, we follow current Covid Guidelines to keep everyone safe. You need to wear a mask, but you can take it off when you sit down. We often have guest speakers, activities and even music from time to time.

### 2. Befriending Service

The Community Connections Befriending Service aims to connect our member with others in the local community, for company and someone to talk to. Volunteers receive training and support to make weekly calls and/or meet face to face with an individual member. In the long term, the aim is to help them reconnect with the community and move on without our help.

If you'd like to be a Befriender, we will provide training and look for a match that's right for you. Then we will put you in contact or introduce you in person wherever possible. Befrienders and Buddy Walkers are all trained and PVG Disclosure checked.

If you're interested in becoming a Befriender, please contact Lisa Brownlie on 07862 694842 or email [befrienders@nbc-communityconnections.org](mailto:befrienders@nbc-communityconnections.org)

### 3. Buddy Walks

We all know that walking is good for us, and it can definitely improve our mental and physical health. It's often even better in good company.

Community Connections is part of the Scottish Health Walks Network. We have some volunteers trained with [Paths for All](#) to risk-assess walks suitable to most levels of mobility, insured once trained and certificated. The demand for this service is rising steeply and so we would love you to consider putting your name down for this one-off, excellent training (currently via morning Zoom call). You'd be taking walks of a length or pace suitable to the member, in a location that suits their needs.

They could be recovering from illness or accident - this is fine, as long as their GP advises that walks would be good for them. We can start from their door, with a five- minute walk to build up confidence, or meet somewhere else for a longer walk if they prefer.

Some of us like to end up in a café, and there might even be a crossover with Coffee Connections if you like! (See details.)

If you'd like to be a Buddy Walker, we will look for a match that's right for you, in the same way we would with befriending (**see details of our Volunteer Befriending Service**). Then we will put you in contact or introduce you in person wherever possible. Buddy Walkers, like Befrienders, are all trained and PVG Disclosure checked. In the long term, the aim is to help members reconnect with the community and move on without our help.

If you're interested in becoming a Buddy Walker, please contact Lisa Brownlie on 07862 694842 or email [befrienders@nbc-communityconnections.org](mailto:befrienders@nbc-communityconnections.org)

#### 4. NBCCC Coffee Connections: How it Works

**Coffee Connections** is a way of bringing people together for company and a chat. We ask Coffee Connections volunteers to help welcome and chat with members at a local café.

In some cases, members might get on so well that they decide to meet again independently – this is a great result!

You should keep receipts and claim all your coffee costs from the project as we have a budget for this.

Coffee Connections is not a Befriending arrangement - or a dating service. It's an informal meet-up to build circles of friendship. We won't share members' contact details with anyone other than our police-checked, trained volunteers. Members might simply agree a time and place to meet again, and might also decide to share numbers with each other, once they trust the other person and are happy to meet each other again, independently of us.

We are also currently have a regular arrangement in the **Scottish Seabird Centre in North Berwick on Tuesdays, 2-3pm. Numbers are limited, so please let us know in advance** if you'd like to come along, so we can arrange to welcome you and seat you with others we know are coming. Here as in other activities, we follow current Covid Guidelines to keep everyone safe. You need to wear a mask, but you can take it off when you sit down.

We can also advise on **other cafes** which might meet members' needs regarding location, parking, dogs, disabled access and other features. In other parts of the North Berwick Coastal Ward, we will ask local volunteers to advise us on the best places to meet up.

Befrienders and Buddy Walkers are encouraged to meet up at one of the locations where others are having a Coffee Connections date (or finishing their Buddy Walk), to expand their circle of contacts.

Please contact Carol on 07940 203380 or email [nbc-communityconnections@outlook.com](mailto:nbc-communityconnections@outlook.com) if you are interested in **Coffee Connections** or have any questions. **Tuesday-Thursday 8.30-4.30**

## **5. Community Connections Monthly Newsletter**

We have a monthly newsletter, *Community Connections*, with features of local life, things to look out for and news of our activities. New volunteers and members will be added to the email list. We would love to have your contribution to this in any way that interests.

Members who are not sure if they're ready for any of the other services can start with this. We can simply send them the newsletter meantime until they feel they have got to know a bit more about us, and would like to go further!

***You can reach our newsletter editor to contribute or ask any questions about the newsletter, on [newsletter@nbc-communityconnections.org](mailto:newsletter@nbc-communityconnections.org)***