



Could you spare a little time to make a difference?

The following services are looking for volunteers in Currie, Balerno and Juniper Green. Whether it's tea and a chat, helping with shopping or sharing a meal, a small gesture can have a big impact on someone's life.

Please contact the organisations below directly to find out more. There are people in this area already waiting for your help and friendship!

Cyrenians



MEAL
MAKERS



**CONTACT
THE ELDERLY**

VolunteerNet.
Offering flexible support for carers



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ESTABLISHED IN EDINBURGH IN 1902



advice and support for older age
**Independent
Age**

VINTAGE VIBES

GOOD COMPANY NEVER GETS OLD



Eric
Liddell
Centre

Eric Liddell Centre Befriending provides one to one support for anyone caring for someone else. There is also a befriending service for people who are caring for someone with dementia. Volunteers are trained and can offer support to carers during difficult times.
Contact: Martha Pollard 0131 357 1271 pollardm@ericliddell.org



Independent Age's Friendship Services are designed to reduce loneliness in older people. Our friendly and dedicated volunteers offer regular company and conversation to older people.

Contact: 0800 319 6789

www.independentage.org/get-involved/volunteering-roles/volunteer-visitor



Meal Makers is a local neighbourhood food-sharing project that connects people who are happy to share an extra portion of home cooked food with an older neighbour who would really appreciate a freshly prepared meal and a friendly chat.

Contact: 0800 783 7770 www.mealmakers.org.uk



Cyrenians Golden Years Service is an innovative befriending service which offers encouragement, companionship and support to help older people engage in social, leisure and community activities, with support provided for a period of up to 9 months.

Contact: 0131 475 2434 goldenyears@cyrenians.scot



Vintage Vibes is a fresh way of tackling isolation and loneliness among the over-60s in Edinburgh – reaching out to people across the city, offering companionship, reliable support and the opportunity to be more socially connected.

Contact: 0131 343 0955 hello@vintagevibes.org.uk



VolunteerNet offers flexible support for unpaid carers. Volunteers and carers use an online system to quickly find help with practical tasks such as cutting the grass or giving a lift to the shops, going for a walk, having a chat or spending time with the cared for person while the carer has some time to themselves.

Contact: Social Care Direct 0131 200 2336 socialcaredirect@edinburgh.gov.uk



ECAS Befriending Service provides social support for isolated adults with a physical disability living in Edinburgh. Our Befrienders and Befriendees are carefully linked through a matching process which involves the Befriending Team taking time to find out about interests, hobbies and what each person is looking to achieve. Contact: Ally or Sam on 0131 475 234



Contact the Elderly organises monthly Sunday afternoon tea parties for small groups of older people aged 75 and over, who live alone, offering a regular and vital friendship link every month.

Contact: 01738 730249 lorna.dunbar@contact-the-elderly.org.uk



**CONTACT
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re:discover is a befriending service for people living in Edinburgh, who are aged from 18 and above. It offers one to one support from a volunteer to people who feel isolated due to mental ill health, and aims to help regain confidence, rediscover old interests, or discover new ones.

Contact: 0131 225 8508 alisonmcghee@health-in-mind.org.uk

