

Volunteer Information Package

“[We make a living by what we get, but we make a life by what we give.](http://ctt.ec/d76YM)” **— Winston Churchill**

“[Volunteers do not necessarily have the time; they just have the heart.](http://ctt.ec/ou5eU)” **— Elizabeth Andrew**

“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.” **– Sherry Anderson**

“Volunteers are love in motion!” **– Author Unknown**

**Volunteer Opportunities**

Food Bank

Family Connections

Seniors Programs

Meals on Wheels (Driver)

Compass Facilitator

School Hot Lunch Program

In School Mentor

Newcomer Welcome Basket

Community Event Committees

Community Volunteer Inc Tax

Coats For Kids

Christmas Programs

Snow Angels

Collective Kitchen

**Family and Community Support Services**

Under FCSS, communities design and deliver social programs that are preventative in nature to promote and enhance well-being among individuals, families, and communities.

Programs are intended to help individuals within their communities to adopt healthy lifestyles thereby improving the quality of life and building the capacity to deal with crisis situations.

Our Volunteers help deliver programs to ensure their success.

**About US**

**Barrhead & District Family & Community Support Services Society** was incorporated on November 26, 1997

**Our Mission:** Provides preventative programs and services that strive to enhance and strengthen individuals, families and the community.

**Our Vision:** All people have the opportunity to live a safe and healthy life as valued members of our community.

**FCSS VOLUNTEER OPPORTUNITIES**

Any volunteer driving the FCSS Van or transporting FCSS Clients MUST have a driver’s abstract on file.

1. **Food Bank – all year**

* Provides food to those who are temporarily without or in emergency situations. Food Bank hours: Thursday: 10 am – 4 pm.
* Pick up food for Food Bank with FCSS Van
* Organize donations
* Keep records

**2. Family Resource Network – September – June**

* Various programs

**3. Senior’s Programs – all year**

* Thursday Morning – lead senior exercises
* Thursday Afternoon – assist with coffee time
* Collective Kitchen - 1 Wednesday a month

**4. Meals on Wheels – Drivers – all year**

* Pick up and deliver meals to clients in town during the week during supper hour
* 1-2 shifts every month

**5. COMPASS Facilitator: As interest is identified**

COMPASS is a support program for Caregivers:

* Organize information presentations to solicit participants to register for the COMPASS Program
* Present 2 information sessions to the public re: COMPASS (one during the day, one at night)
* Provide COMPASS Program to Caregivers (5 weeks; time of year decided by participants)
* COMPASS Training for Facilitators – in the spring every 2 years; Facilitators must attend

**6. Hot Lunch – October – June**

* Help with lunch prep for Barrhead Elementary School Students
* One morning a week; 2-3 hour shift

**7. In-School Mentor: October – June**

Barrhead Elementary School

* 1 hour a week
* Befriend an elementary student, play games, do art, read, etc.

**8. Newcomer Welcome Package Program – spring**

Invite the Barrhead Business community to participate:

* Coordinate collection of materials from businesses
* Assemble packages
* Maintain stats re: newcomers

**9. Community Volunteer Income Tax Program – March – April**

* Complete simple income tax returns
* Necessary skills – computer literate and good with numbers
* Must have a computer/laptop, printer and access to internet
* Training is included to volunteer for this program

**11. Volunteer Appreciation Luncheon – April**

* Sit on planning committee for Volunteer Appreciation
* Meeting once a month until March; then every 2 weeks until event
* Help with Tickets, Budget, Decorations

**12. Coats for Kids: (November)**

* Hand out posters
* Organize coats
* Put coats away at the end of the project

**13. Christmas Programs – November & December**

**Santa’s Toy Box/Adopt a Family**

* Set up and distribute toys
* Purchase toys, wrapping paper, etc. as needed while maintaining budget
* Keep records of toys per family, donations collected
* Phone clients re: pick up time/date
* Author thank you notes to donors

**14. Various Community Events – All Year**

**15. Snow Angels – October - May**

* Shovel snow from walkways/driveways for the elderly, disabled or those recovering from illness

**\*\*Interested?? Fill out our Volunteer Application and get the appropriate record checks and hand it in to the FCSS office when all the information is complete.**

