

Frequently Asked Questions



Who can volunteer?

Anyone who has spare time can volunteer. We welcome people from any background and nationality, whatever your age or abilities, whether you are studying, working or retired. A few hours a week will make a difference not only to the lives of the people we support, but in your life too.

Do I need particular skills or qualifications to volunteer?

Most volunteer roles won't require qualifications but some may need skills that you have acquired - details will be specified in the role description. We will give you the right training to support you with your role.

What do we ask of YOU?

- Enthusiasm
- Commitment
- Reliability
- Professionalism
- Friendliness

How much time will I be expected to commit?

You can volunteer for as much or as little time that is suitable for you. We are grateful for whatever time you are able to give. Sometimes it depends on the role you are doing, but mostly it depends on how much time you can give. It can be days, evenings, weekends or a mixture of all of them. This will be discussed and agreed with you during the application process.

Can I claim expenses?

Volunteering with Forth Valley Migrant Support Network will only cost your time. Any other reasonable out of pocket expenses you have incurred while volunteering, such as travel costs, will be reimbursed as long as you have a valid receipt.

Will volunteering affect my benefits?

Volunteers are not paid for their time but are entitled to be reimbursed for out-of-pocket expenses. So volunteering does not affect the benefits payments you receive although you should inform your benefits advisor when start volunteering.

What support will WE provide?

- Induction and relevant training
- Ongoing support and supervision
- Travel expenses
- Safe working conditions
- References where required

Can I volunteer if I am working?

Yes. There may be opportunities that are outside working hours or may just require a small time commitment.

If I have a criminal conviction can I still volunteer?

Criminal convictions would need to be declared in your application form. If your volunteer role involves access to vulnerable adults you will need to complete a Disclosure Scotland which will inform Forth Valley Migrant Support Network of your criminal record. Having a record should not stop you from volunteering but it may limit what you can do.

What if I don't like my placement or change my mind?

The first thing you should do is talk to our Volunteer Coordinator. They may be able to address any problems you may have or change your role to something more enjoyable.

What's the application process?

You will be asked to complete an application form and attend an informal interview. We will supply you with an outline of the work you will be undertaking and a volunteer agreement. The object of this is to try to match your motivation and expectations to what we need from a volunteer.

What are the benefits of volunteering?

There are many benefits and many reasons why people volunteer. These may include helping the community, a new learning experience, making new friends or something to add to your CV. It can help to build confidence, you can gain new experience, enhance your skills and more. Why not give it a go and find out?