

Information about groups

Play PLUS (Ages 5-10)	Evenings and weekends
PLUS Youth (Ages 11-17)	Evenings and weekends
Asperger's Group (Ages 8-11)	Every second Monday, 6-8pm.
Asperger's Group (Ages 12-17)	Every second Tuesday, 6.30-8.30pm
Afterschool Club (Ages 12-17)	Monday-Thursday, 3-6pm
Count me In (Ages 5-17)	Weekday evenings (dependent on young person's club)

For this project volunteers must be aged 16 and over



Testimonials

N is a young adult with additional support needs, he comes to PLUS as a volunteer to support the group based activities:

"It helps me develop as a person, I have gained a lot of confidence and made friends with staff and volunteers."

"It shows our children that they can become a good role model and help others."



PLUS(Forth Valley) Ltd
Springkerse Industrial
Estate, Stirling, FK7 7ST

plusforthvalley.org.uk



01786 450086



"PLUS88"



@PLUS_Charity



volunteer@plusforthvalley.org.uk



Volunteering at PLUS Forth Valley

PLUS works across Forth Valley to give children and young adults the opportunity and support needed to participate in age appropriate social and leisure activities of their choosing.



What we do?

PLUS Forth Valley supports young people to attend and participate in social groups and leisure events with peers. To do this we have amazing staff and volunteers, could you join us?

PLUS runs numerous projects and events that our young people get involved in.
They are:

- Play PLUS and PLUS Youth. Both community based, going to laser-tag and soft play (and many more!)
- Asperger's Group at PLUS office
- Afterschool club at PLUS office
- "Count me In", community groups such as Cubs and Brownies

What will I be doing?

Volunteers are essential to the running of events and groups. Volunteers support young people by encouraging participation in group activities. As a volunteer you will help develop young people to build relationships, become independent and HAVE FUN!



Who should volunteer?

PLUS can offer a range of opportunities and options for volunteers! We currently have volunteers who are:

- Here because they enjoy working with young people
- Completing Duke of Edinburgh
- Completing placements for university and college courses
- Gaining experience for jobs and further study
- Gaining Work experience

Volunteers must be over the age of 14 (16 for Count me in), willing to learn and enjoy working with young people.

As well as working directly with our young people, volunteers are welcome to volunteer doing:

- Office administration
- Gardening
- Odd jobs
- Social media and website tasks
- Fundraising

What's in it for me?

As a volunteer you will:

- Develop skills and gain experience working with young people
- Receive high quality training
- Become a member of the Protecting Vulnerable Groups (PVG) Scheme
- Have regular supervision and support
- Have access to references on request
- Have the opportunity to develop connections and friends

Interested?

To find out more and for application forms:

- plusforthvalley.org.uk 
- 01786 450086 

Or contact :

volunteer@plusforthvalley.org.uk

