

Meet our volunteers

Students. Pensioners. Builders. Shop assistants. Our volunteers come from all walks of life. Here's what just a few of them have to say about volunteering with Poppyscotland.

Lynne Reed started as a collector and is now The Scottish Poppy Appeal Area Organiser in Dunblane.



“It makes you feel good to know that you are playing your part in a team that is out there helping people.”
Lynne

Fraser McRae from Renfrewshire is a collector for The Scottish Poppy Appeal and volunteers in the Glasgow office.



“Volunteering has helped me improve my skills and has given my CV a great boost. I feel proud that I have been able to put my abilities to good use by helping such a vital charity.”
Fraser

Ramsay McGhee is The Scottish Poppy Appeal Area Organiser in Fortrose and Rosemarkie and organises The Highland Poppy Run.



“I enjoy helping and feel that giving a few hours of my time is nothing when our servicemen and women have given up their health or even their lives.”
Ramsay

Visit our website to watch our short films about volunteering with us.

www.poppyscotland.org.uk/volunteer

Get in touch now

Call

0141 338 6585

Text

volunteer to 81400 (Standard network rates apply)

Email

volunteer@poppyscotland.org.uk

Visit our website

www.poppyscotland.org.uk/volunteer

Write to us

New Haig House, Logie Green Road,
Edinburgh, EH7 4HQ.

 facebook.com/poppyscotland

 [@poppyscotland](https://twitter.com/poppyscotland)

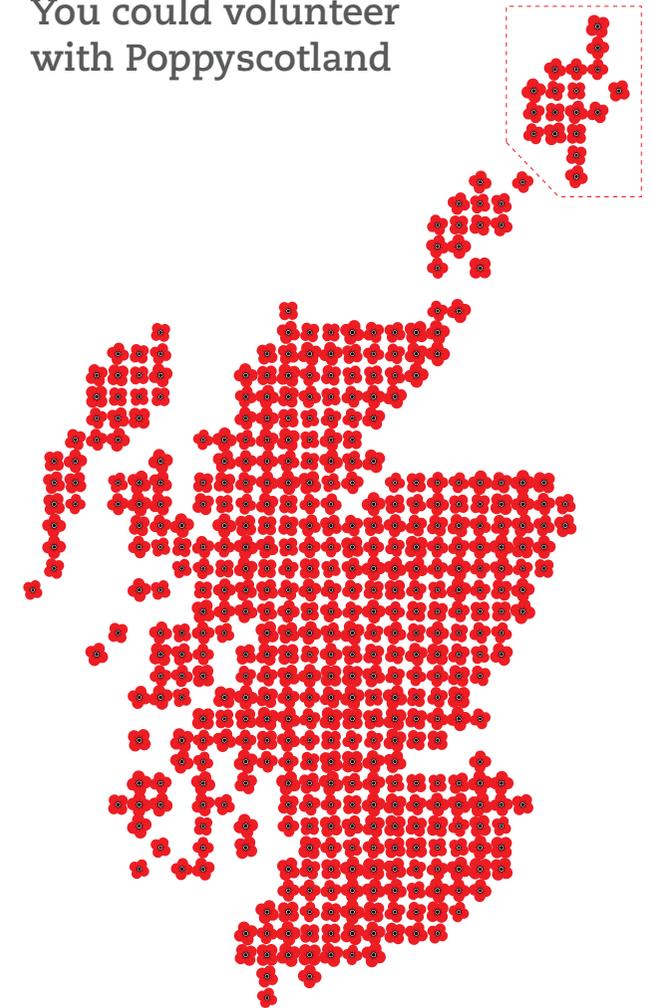
 youtube.com/poppyscotland



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Help us grow the Poppy in Scotland

You could volunteer with Poppyscotland



poppy 
scotland

Volunteering with Poppyscotland makes a real difference

Poppy People are the heart and soul of Poppyscotland. To become one, all you need to do is volunteer.

You'll be joining a team that covers every city, every town and every village in Scotland. A team that helps us pin nearly five million poppies onto Scotland's coats, jackets and jumpers.

There's lots more you could help with – like offering your skills, or helping out at fundraising events.

If you join us, we're pretty sure you'll love the experience; many of our volunteers come back year after year. And of course, you'll be helping to make a big difference to the lives of veterans and their families in Scotland.

How we raise our money...

We raise most of our funds through the annual Scottish Poppy Appeal, but we do lots of other fundraising throughout the year.

...and how we spend it

Whether it pays for therapy or housing – mobility aids or retraining – the money you raise makes a big difference. Here are just a few examples:

- « Employment – from a workshop to a training grant, we help veterans adjust to work outside the armed forces
- « Housing – whether a veteran is homeless, injured or simply needs a bit of help with independent living, we can help
- « Mental health – we fund therapy for veterans with post-traumatic stress disorder, and support veterans with mental health issues back into work
- « Respite – Poppy Breaks offer the chance to relax and re-energise, in a safe and supportive environment

What's in it for you?

Not only does volunteering with Poppyscotland help us and the veterans we support, it can also help you.

Here are just some of the things you could get out of volunteering:

- « Get something back from helping others
- « Put your experience to good use
- « Pick up new skills
- « Boost your self-confidence
- « Make the most of your free time
- « Get a break from home or your day job
- « Meet like-minded people and make new friends

Of course, there's also the brilliant sense of achievement that comes from a job well done.

How volunteering works

Most of our volunteers help with the annual Scottish Poppy Appeal. But there are lots of other opportunities around the year.

A few hours – or a few days a week

It really is up to you – there's sure to be a role that fits around your other commitments. Wherever you are – whatever you can offer – we'd love to hear from you.

We also provide training and support to help you get the most out of volunteering with us.

What volunteering roles are on offer?

It depends, but here are some examples to get you thinking:

- « Organise an area collection for the Scottish Poppy Appeal.
- « Collect in your area, or just help out during the Scottish Poppy Appeal.
- « Volunteer your specialist skill, service or area of expertise.
- « Be part of our speaker's network of volunteers giving talks across Scotland.
- « Create or join a fundraising group in your local area.
- « Help with the admin or clerical work in our offices in Edinburgh, Glasgow and Inverness.
- « Help at our fundraising events throughout Scotland.
- « Join an organising committee for a fundraising event.

