

# 16: Volunteering

## Activity 1: Finding suitable volunteering opportunities

Read the profiles and use the websites listed to find an appropriate volunteering opportunity for Hannah and Ahmed.



Hi, I'm Hannah and I'm 27. I've had a lot of help with employability skills from a local organisation over the past year and it's been so helpful in getting me back into work. I'd really like to volunteer to do something to help other people, perhaps being a mentor to a young person. It will be good to give something back to the community and boost my CV.



My name is Ahmed and I'm 50. I used to work in the Scottish Fire and Rescue Service, but left due to ill health. One of the things I really enjoyed was cooking for everyone at the station and whilst I'm looking for employment, in the meantime I'd really like to volunteer using my cooking skills so I can help others and fill my time with something positive.

### Volunteer Websites

- [Goodmoves](#)
- [National Museums Scotland - Volunteering](#)
- [National Trust for Scotland - Volunteering](#)
- [King's Trust](#)
- [Step Together Volunteering](#)
- [Volunteer in Sport \(sportscotland\)](#)
- [Volunteering Matters](#)
- [Creative Lives](#)
- [Volunteer Scotland](#)
- [Volunteer Aberdeen](#)
- [Aberdeen Voluntary Action](#)

### Hannah's volunteering opportunity

Organisation

Brief description of duties

Why this would suit Hannah

### Ahmed's volunteering opportunity

Organisation

Brief description of duties

Why this would suit Ahmed