

Welcome to our Wellbeing volunteer newsletter which we plan to send out on a regular basis with news, training opportunities and anything else we think may be of interest to you.

New volunteer roles...

To those who don't know yet the Strive Befriending Service has recently changed its name, to Strive Wellbeing and has expanded from one part timer i.e. Myra to a team of eight staff. As part of the expanded Service new Volunteer Roles are now available. If you have previously volunteered with us in the past and would like more information about any of these new roles please get in touch, we would be delighted to hear from you.

- **Befriender - one to one arrangement over six months**
- **Social Shopper – a free service helping with shopping lists, store pick up, unpacking and labelling if necessary.**
- **One Off Task Volunteer– responding to specific requests for help**
- **Intergenerational Group Supervisors –supporting young people to volunteer in their local nursing homes and hospitals**
- **Community Connectors – assisting people to find out what's going on in their communities**
- **Drivers – helping people to access what's going on in their communities**
- **Activity Supervisor -organising and supporting interest and activity groups**



We're on the move.....

Just to give some advance notice that the Wellbeing Team will shortly be moving to our new office premises at 56 High Street, Tranent. We will still have our main office in Musselburgh at 98 North High Street.

Living it Up.....

We would like to welcome a new member of the team Carol Reddick who will be promoting a new part of the service. Living it Up is a three year programme to deliver innovative and integrated health, care and wellbeing services, information and products via familiar technology enabling people to keep better connected with their communities and those they care for and receive care from. These technologies will include TV, mobile phone, games consoles, computers and tablets.

It is initially aimed at the over 50s but will also be of benefit to people living with long term conditions, care givers and those who just want to keep healthy, happy and safe. For more information go to the website www.livingitup.org.uk or call Carol on 0131 665 3300



Summer Get Together for Volunteers - For all our volunteers new and old details below

The STRiVE Wellbeing Team cordially invites you to a
Volunteer Summer Picnic
on Saturday 30th August from 12noon – 3pm
in the STRiVE Garden (entry via 100 North High Street, Musselburgh)

We hope you can come along to enjoy some food, drink
and meet the other volunteers and staff

We must know if you are attending, for catering purposes so please RSVP using the contact details bellow and when you do, please make sure you tell us whether you have any dietary requirements and whether you will be drinking Soft Drinks, Lager, Red or White Wine.

Phone: 0131 665 3300 Email: wellbeing@strive.me.uk Text: 07506 020 784

**Please note: If it is raining on the day, we will be using our Tranent Office
(56 High Street, Tranent) for this event**

For those up to date with all this social media thingy, and I confess I'm not one but willing to learn! We have a new twitter account full of good stuff.

<https://twitter.com/STRiVEWellbeing>



Men in Shedsthe women are joining in too.

We've had a Men in Sheds project running in Macmerry for the past year and it recently celebrated its first birthday. It's a space for retired men to go and pursue a variety of practical hobbies and interests, such as woodworking, furniture and tool renovation, fly-tying, stick making, painting or whatever takes their fancy. It's a good opportunity to share skills, experiences, banter and biscuits. The essence of a shed is not a building but the network of relationships and support between the members.



Now there's another Mens Shed starting up in Dunbar plus for the first time in East Lothian a shed for women called, wait for it..... SHED (yeh we like it too). If you would like to find out more there is an **OPEN DAY** at **Belhaven Church**, Belhaven Road on **Wednesday 30th July 1-3pm**.

To remove your name from our mailing list please email us at wellbeing@strive.me.uk or call the office on 0131 665 3300 and ask to speak to a member of the Wellbeing team