



Royal Voluntary Service Dundee City

For the past 9 years Royal Voluntary Service Dundee have been proud to support residents in Dundee City. Royal Voluntary Service formed in 1938, making the charity 85 years old this year!

The driving force behind the organisation has been our founder, Lady Reading. Our world today may be very different to that of 1938, but her words still resonate with us.

"As a nation we require voluntary service today as much as we have ever done in the past. It is a proud expression of individual duty."

Stella, Lady Reading

In Dundee we have a dedicated team of volunteers delivering our **Supporting You** service. One of the changes the organisation has implemented to meet the needs of the community is we now support adults 18+. Our volunteers are integral to the quality of service we provide, they are PVG checked, trained in essential modules to ensure they are compliant. But most importantly, their natural, friendly nature puts clients at ease. Read how our service made a difference to Catherine:

Catherine was referred to us for support with Move It or Lose It (gentle chair based and standing exercises) and assisted walks. Matched with a volunteer, Margaret, their weekly visits improved Catherine's mobility/strength and balance. After a while, Catherine was able to go for longer walks and progressed to going on a bus.

'I was awfully glad to get somebody who understands what I had to contend with. Life wouldn't have been worth living. I don't know what I would have done without RVS. I looked forward to Margaret coming. I don't really know how I would have got on if I had been left to it myself. My recovery would have been much longer. I just can't think how I would have filled in my day if I hadn't had the company.'

I think the volunteers did a marvellous job. They were so patient and so understanding. I just can't imagine how I would have got where I am if they hadn't helped me. When you get the exercises, it's only fair to do the exercises to make you improve. We had a bit of fun! Considering it is voluntary, I think they do an amazing job!'

Supporting You is a time limited 6-week service aimed at people who have recently been discharged home OR people in the community at risk of being admitted. This is not a chargeable service. The type of support can include:

- Transport home on discharge, help settling back home.
- Emergency food shop on discharge.
- Shopping (shop and drop & Assisted Shopping).
- Prescription collection.
- Transport to a medical/health/social appointment.
- Advice on nutrition and hydration.
- Gentle exercises through Move It or Lose It (MIoLI) chair based or standing exercises.
- Encouragement to try something different or get back to doing something they previously enjoyed. This can be attending a lunch group, social group, a class in your community centre or encouragement to take the bus or go out for a walk.

In addition to our local Dundee service, we actively signpost and refer to our RVS national services, both of which originated during the first pandemic and has proved to be an ongoing success:

Calls with Care:

This is a telephone companionship service anyone can refer clients to. You do not have to go by the Dundee office.

It is a free, not time limited service, for 18+ adults. Clients will be matched with a volunteer, as a national service, the volunteer can be anywhere in the UK.

To refer use this link [Calls With Care - Client Referral Form \(office.com\)](https://www.royalvoluntaryservice.org.uk/calls-with-care/client-referral-form) You can emails callswithcare@royalvoluntaryservice.org.uk for general enquiries, or they have a freephone number – **0800 011 3407**.

Virtual Village Hall:

The Virtual Village Hall is an online activity hub and community, designed to help people stay physically and mentally active, connected and having fun. Details of the weekly programme of activities is available on website, Facebook and YouTube.

[Online Activity Classes | Virtual Village Hall | Royal Voluntary Service](#)

[Virtual Village Hall | Facebook](#)

[Virtual Village Hall by Royal Voluntary Service - YouTube](#)

[Royal Voluntary Service - Dundee City | Dundee | Facebook](#) – RVS Dundee own Facebook page.

Get in touch!

We are currently recruiting for **Support at Home** volunteers in Dundee to join our growing team <https://www.royalvoluntaryservice.org.uk/volunteering/>

If you would like to find out more about our services or join our family of volunteers, please contact 07814 857 803 or email dundeesupport@royalvoluntaryservice.org.uk.