Keen to volunteer?

If you are interested in becoming a Helper volunteer, you will need to:
- be aged 18 or over
- live in Fife
- commit at least three hours each week for a minimum of one year
- complete our training sessions
- provide references from two people who know you well
- have a chat with us first to find out if this role is for you.

Phone: 0845 073 8697*
Monday to Friday, 9am to 5pm
Email: fifehelper@mariecurie.org.uk

You can also apply online for this role at mariecurie.org.uk/volunteering

All charges apply. Please check with your provider for details.

Marie Curie – what we’re here for

The Marie Curie Fife Service offers tailored care and support for terminally ill people and their families. Support that’s available includes nursing care, personal care, emotional support and practical information.

Depending on the type of service and on what works best for the person and their family, support can be provided by our team of registered nurses, healthcare assistants, health and personal care assistants, and specially trained volunteers.

For more information on the Marie Curie Fife Service, visit mariecurie.org.uk/fifeservice

Volunteer with us

Be there for someone living with a terminal illness
We know that little things can make a big difference for people and their families living with a terminal illness – like having someone to chat to over a cup of tea, help to get to an appointment or run an errand, or just be there as a friendly ear. You can offer such valuable emotional and practical support by becoming a Marie Curie Helper volunteer.

Helper volunteers are a vital part of the new Marie Curie Fife Service.

Working together with local services, the Fife service helps people to be cared for in their own home rather than in hospital. Our service ensures people get the right kind of care and support for them, at the time they need it.

I’ve found being a Helper volunteer a really positive and fulfilling experience. It’s so rewarding to see what a difference you can make to a family by being there for them for just a few hours a week.

Janice, a Helper volunteer

**Being helpful and just being there**

We’re always looking for more Helper volunteers who can give at least three hours of their time each week supporting people living with a terminal illness and their families.

As a Helper volunteer, you’ll be matched with someone who you’ll visit in their home, go out somewhere with or chat to over the phone.

You can offer your time any day of the week, between 9am and 9pm, so you can find a time that works for you and the person you are supporting.

As our Helper service is entirely based around the person who is terminally ill, how you spend your time with them really depends on what’s needed at that time.

**Ways you can help**

Everyone’s different, but the types of support our Helper volunteers give often include:

- **Companionship and emotional support.** You could make a difference by just being there as a friendly ear and someone they can talk to.

- **Practical help.** This could mean taking the person to their appointments or social events, or helping with small tasks to make their daily life easier. However, you are not expected to help them with their nursing or personal care needs.

- **A break for families and carers.** By spending time with the person they look after, your support could allow families and carers to take a break for a few hours from their caring role.

- **Information on other support.** You could help the person and their family find further support and services that are available to them locally.

- **Support after a bereavement.** You could offer your support to the person's family for a few months after they have died.

**How we’ll help you in your role**

- We’ll provide training sessions to help you understand what’s expected of you, so you’ll be prepared and confident in carrying out your role.

- We’ll also provide your travel expenses and support you throughout your time volunteering with us.

Read more stories about how our Helper volunteers can help at mariecurie.org.uk-helper

How much support someone needs varies from person to person. It’s a very individual service but I’ll be there for the person I’m supporting and their family when they need me. Having a Marie Curie Helper volunteer is like having an extra friend in the family with the knowledge to help.

Hilary, a Helper volunteer