

## CAN YOU HELP US FUNDRAISE?

### JUSTGIVING



If you want to fundraise for SBSS you can create a page on our Justgiving site:

[www.justgiving.com/sbss](http://www.justgiving.com/sbss)

You'll get your own page to personalise and promote your event, then share it with friends and family - simple!

You can easily see how much you have raised through online donations and you don't have to chase folk for money - it even calculates gift aid!

### FACEBOOK

Or how about creating a fundraiser on Facebook?

**Raise some funds as part of a birthday/anniversary fundraiser, whilst helping promote our service to others.**

**Its really simple to set up:**



Click on the menu button at the top of your personal facebook page



Select 'fundraiser' then 'charity' Find and select **Shetland Bereavement Support Service** from the list of charities, and follow the prompts from there, you even get to set your target amount.

Facebook pays all the processing fees for you, so 100% of your donation comes directly to us.



## EXPERIENCING LOSS AND FINDING HELP

Bereavement affects people in different ways. There is no right or wrong way to feel. You might feel a lot of emotions at once and powerful feelings can come over you unexpectedly.

Talking and sharing your feelings with someone can help. Don't go through this alone. For some people, relying on family and friends is the best way to cope. If you feel you can't talk to them - perhaps you aren't close, or they're grieving too - you can contact Shetland Bereavement Support Service who offer local one to one support. The service is free and confidential and available to adults and children living in Shetland.

A bereavement support worker can give you time and space to talk about your feelings, including the person who has died, your relationship, family, work fears and the future. You can access SBSS at any time, even if the person you lost died a long time ago.

Contact us if you would like to access the service.



# VOLUNTEERING OPPORTUNITIES



**SHETLAND  
BEREAVEMENT  
SUPPORT SERVICE**

**'minding you while you mind them'**

**Shetland Bereavement Support Service**

**Market House  
14 Market Street  
Lerwick  
Shetland  
ZE1 0JP**

**01595 743933**

**[www.shetlandbereavementsupportservice.com](http://www.shetlandbereavementsupportservice.com)**

**[sbss@shetland.org](mailto:sbss@shetland.org)**

Charity Registered in Scotland SC037783



Initiated by the McArthur  
family in memory of George





# Would you like to be part of a great charity and make a real difference?

SBSS is a volunteer led charity. If you would like to volunteer and support our charity, we have the following opportunities available, see details below. SBSS encourages those with lived experience of bereavement who feel they have something to contribute, to get involved with the service, in particular the committee, where your views and experience can help shape and improve service delivery for the local community.

If you don't have any spare time to volunteer just now - then you can help by simply liking and sharing our posts on [Facebook](#) and spreading the word about our service.

Please pick up one of leaflets to find out more about our service, or have a look on our website: [www.shetlandbereavementsupportservice.com](http://www.shetlandbereavementsupportservice.com)

## Bereavement Support Worker

**What you do :** Provide one to one bereavement counselling/support to adults living in Shetland who are struggling to cope following a bereavement(s).

**Time commitment :** B&L Training is 4 weekends. Once qualified you get a full induction, then you can start client work. You can give as much time as you would like 1, 2, 3 clients a week, whatever fits into your schedule.

### **Any qualifications required?**

You need to have a Certificate in Counselling Skills qualification.

SBSS provides further specialist, COSCA accredited training in Bereavement & Loss.

Training to support children may also be provided.

### **What's in it for me?**

- \* All support workers gain valuable experience and satisfaction from supporting those within their community.
- \* CPD/Training is provided for you to expand/grow your learning.
- \* Supervision/Travel Expenses are paid for, so you are not out of pocket.
- \* Great for your CV.
- \* Perfect as a student placement if you are studying towards the Diploma in Counselling.
- \* A really rewarding role, that is valued within Shetland

## Trustee

**What you do :** We meet once a month to discuss how the service runs. You get to make important decisions about how the service operates.

Having Trustees with different skill sets is important

- \* Are you good with figures? If so you could help with funding bids.
- \* Do you have good IT skills? You could help improve our website and social media platforms.
- \* Do you have a health/social care background? Your knowledge and experience could help shape our policies, practise and training.

**Time commitment :** Committee meetings are held on the first Wednesday of every month at 5.30pm at Market House, Lerwick. Meetings usually last an hour. Travel a problem? Don't worry, Trustees can now use Zoom to join meetings.

### **Any qualifications required?**

No – just a passion for supporting others in Shetland.

### **What's in it for me?**

- \* Get to be part of our fun team, and share our dream of a bereavement service where 'no one in Shetland finds themselves alone with no one to talk to'
- \* Fulfilment and a real sense of 'giving something back'
- \* Keeping our service operating – without Trustees we can't run – we really do need you!

## Fundraiser

**What you do :** You can help take part/organise fundraising events to raise much needed funds for our service - as a charity we are reliant upon donations (we get no statutory funding from NHS).

- \* You could help out at our annual teas/soup & sweet – more hands make lighter work!
- \* You could organise your own fundraiser – if you're sporty maybe a sponsored walk/run/swim
- \* If you're crafty – maybe a arts sale/auction
- \* If you're good with social media – maybe a crowdfunding page, or create a facebook fundraiser on your birthday/anniversary or other special occasion
- \* Disco, bag packing, darts competition – whatever you fancy!

**Time commitment :** From a couple of hours to help out at an event, to planning and organising an event, whatever you can manage!

### **Any qualifications required?**

No – just lots of enthusiasm.

### **What's in it for me?**

- \* A great sense of fulfilment and achievement knowing you're supporting a charity that directly benefits you're community.
- \* All money raised goes back into the service, no funds are sent away to a bigger national organisation.