

Case Study

ProjectScotland Vascar Winner Edinburgh and Lothians

Julia Ogilvy –
ProjectScotland’s founder
and Chair and First Minister
Jack McConnell with
ProjectScotland Vascar winner
Edinburgh and Lothians,
Stephanie Burns



Volunteer: Stephanie Burns
ProjectScotland Vascar Winner
Edinburgh & Lothians
From: Broomhouse, Edinburgh
Placement: Health in Mind

Stephanie Burns, 18, has undertaken a 12-month full-time placement with ProjectScotland at Health in Mind – an Edinburgh-based organisation set up to promote the health and well being of people who experience mental health difficulties, and she has discovered that this may be the ideal career for her.

“My mum heard about ProjectScotland on the radio and thought it was something I should look into. I visited the website and wanted to be a part of it – it seemed too good a chance to miss.

“I wanted to gain experience in this field of work and find out if it was really the type of job for me, but I also wanted to do something to help other people with the experience I already have.”

Stephanie’s day to day role as a ‘re:discover volunteer’ was focused around developing relationships with five individuals with various mental health problems. She met with each for two-three hours a week, setting goals and promoting recovery so that the individual is more empowered and less able to be isolated by society.

“I also did a fair bit of office work in particular getting a newsletter off the ground for service users and volunteers. I was given the opportunity to use a Learn Direct computer to practise my computer skills as well as enrolled in a distance learning course at the University of Wales, Lampeter, which gave me a certificate of interpersonal skills for volunteers.

“For me, I’m gained so much out of the ProjectScotland placement. I got hands-on experience in the mental health sector, gaining general office experience, receiving essential training – and overall a real confidence boost!”

ProjectScotland

ProjectScotland is the revolutionary organisation connecting 16-25 year olds with full-time voluntary work placements. It was established in response to a demand from young people from all backgrounds to play an active role in their communities, broaden their horizons and enhance their confidence and experience.

ProjectScotland works with over 130 non-profit organisations across Scotland to create structured and rewarding placements for young people. Volunteers sign up to a full-time volunteering placement (30-plus hours per week) lasting anything from three to 12 months. During their placement, volunteers are supported with appropriate training and mentoring and are offered a subsistence allowance of £55 per week, travel and childcare expenses.

Since its launch in May 2005 ProjectScotland has exceeded targets and placed over 1,000 young Scots in full-time volunteering positions (over a 100 of these in the Edinburgh area).

Over 850,000 hours of voluntary work has been committed by ProjectScotland volunteers in a variety of fields including media and entertainment, the arts, environment, social care and sports – all of which has brought an enormous boost to the capacity of the voluntary sector.

For more information please log onto www.projectscotland.co.uk

