



## Role Description Volunteer Drivers

### About Foothold Cymru

Foothold Cymru is a social justice charity. We've been around for 30 years. Our vision is to create strong, cohesive communities where people can thrive not just survive.

We address causes and symptoms of poverty in West Wales, designing our services with those most affected.

- We:
- Provide practical support for those on low incomes e.g. community-led growing schemes, our mobile Food Forward Clubs and community stores, lending schemes for tools, clothes and toys store, uniform bank, laundry facilities and ICT facilities.
  - Offer learning opportunities for young people and adults both accredited training and practical skills such as DIY.
  - Provide support to help people get back to work.

Our vision is to create strong, cohesive communities where individuals have the power to thrive and not just survive; with dignity and social and economic justice for all. We work with people to help them build the life they want by enabling them to take action.

We live in an unequal society. In Carmarthenshire alone the poverty rates stand at 35% of households. Too many people still fall through the gaps and don't have access to the same opportunities. Poor mental health, inadequate education, addiction, a low income, lack of affordable and secure housing and insecure or no work all contribute to a life of hardship that can be very hard to change.

### Come and join us as a volunteer to be part of the change.

We are able to provide a range of opportunities and you will help us make a real difference to people.



Foothold Cymru s a  
charity registered in  
England and Wales No:  
1188969

The Lord Arthur Rank  
Centre, Trostre Road,  
Llanelli, SA14 9RA

**FOOTHOLD  
CYMRU**  
NEWID BYWYDAU CAM WRTH GAM  
CHANGING LIVES STEP BY STEP

## What will you be doing?

As one of our volunteer drivers you'll be playing a vital part in making sure food parcels are delivered to people who are in need. You'll pick up bagged food parcels from our venue and deliver directly to people's homes. Through a contactless delivery process, you will help provide a prompt, safe, reliable and friendly delivery each week.

## What's in it for you?

- Friendship, support and fun. You'll build lasting relationships with your local community, other volunteers and our participants.
- Build confidence and feel good about yourself – your contributing your valuable time to a community led project.
- Increased physical and mental wellbeing.
- Gains skill to add to your CV and a reference if / when you need it.
- Opportunity to participate in fundraising activities to help raise vital funds to support our work.
- Time credits.

## How will we support you?

- One to one support as required - this can either be done face to face (currently socially distanced) or on-line.
- Continued skill development through access to our e-learning platform offering a range of courses for which you get a certificate.
- Out of pocket expenses for meals and travel.
- Support to move into employment or further training.

## Key Commitment

Time Commitment: Flexible - as much time as you feel you can afford. What's important to us is that you keep helping us. Ideally 2 hours a week would be a fantastic help to us.

## Getting in Touch

Just fill in our volunteer form or video your answers and we will be in touch asap!

For help with the form please email us at [helenm@footholdcymru.org.uk](mailto:helenm@footholdcymru.org.uk).



Cynllun Cymunedau y Dreth Gwarediadau Tirlenwi



Landfill Disposals Tax Communities Scheme



Llywodraeth Cymru  
Welsh Government