

Wellbeing Volunteers FAQ

Who are Lothian's Wellbeing Volunteers?

Lothian's Wellbeing Volunteers are individuals from across the business that have volunteered their time to offer a safe and confidential space for colleagues to chat about anything that's worrying them and they can signpost to a number of useful charities, organisations and initiatives.

The volunteers range from managers to members of our driving and engineering teams. Many of our volunteers have experience of helping others when they've found themselves in a difficult situation or have worked with people struggling with their mental wellbeing.

What training have the Wellbeing Volunteers had?

The Wellbeing Volunteer Team have received Mental Health Champion training from Support in Mind which covers an overview of the range of mental health conditions, the importance of confidentiality and how to have difficult conversations. They are equipped with lots of information so that they can signpost you to the most appropriate help and support.

Who can access the Wellbeing Volunteers?

Any Lothian Buses colleagues can speak to one of the wellbeing volunteer team. You do not have to be a member of any union or committee. This is a free and confidential service for anyone to use.

How do I access the Wellbeing Volunteers?

You can contact the Wellbeing Volunteer of your choice via their designated email or alternatively, your line manager can refer you to a Wellbeing Volunteer and they will contact you in due course.

The volunteers are listed below along with their contact details.

You can find out more information on each volunteer on MyLothian (www.my-lothian.co.uk).

Jackie Findlay – jackiefindlayWBV@gmail.com Driver Training Team

Elaine Green – elainegreenWBV@gmail.com Sales Manager

Graeme Healy – greamehealyWBV@gmail.com Driver Training Team

Pip Herbert – pipherbertWBV@gmail.com Bus Driver

June Myles – junemylesWBV@gmail.com Desk Supervisor

Lindsey Shanley – lindseyshanleyWBV@gmail.com Control Team

Olivia Sklenar – oliviasklenarWBV@gmail.com Accessibility and Inclusion Officer

Cheryl Ait Dada-Aalla – cherylawbv@gmail.com Bus Driver

Dale Kerr – dkerrwbv@gmail.com Bus Driver

John Davies – johndaviesWBV@gmail.com Desk Supervisor

Liam Kinnaird – liamkinnairdWBV@gmail.com Bus Driver

Sharon Pyke – sharonpykeWBV@gmail.com Bus Driver

How can I become a Wellbeing Volunteer?

We absolutely welcome anyone in the Lothian family who has an interest in volunteering some time to support their colleagues to enquire about becoming a Wellbeing Volunteer. For more information, please contact the HR People Team by emailing

HRt@lothianbuses.co.uk