

October 2018 Newsletter

A snapshot of our latest volunteering opportunities. See the full list on www.volunteerclare.ie

Ciunas Centre - Bag Packing Friday 26th October and Saturday 27th October

The Ciunas Centre for Complementary Care based in Feakle is a not for profit community service offering affordable wellness therapies, weekly respite sessions and counselling services to family carers and those in their care, the elderly, those with disabilities, special needs or long-term illness.

The service has evolved and now also offers reduced rate services to healthcare/medical/emergency workers or anyone working in an emotionally demanding or highly stressful role.

They are holding a bag packing event on **Friday 26th October 12pm-8pm and Saturday 27th October 10am-6pm** at Dunnes Stores Jetland on the Ennis Road in Limerick.

Bag packing volunteers are only required for 2 hourly slots so if you are over 18, have 2 hours to spare and are interested in supporting this very worthwhile charity please contact Dolores on 065 68 45517

All proceeds from this event will go towards the operation of the Centre.

Halloween Festival Parade Marshalls Ennis – Saturday 27th October

Ennis Chamber of Commerce are hosting a programme of events in the town to celebrate Halloween. There will be a short parade starting at 6.15pm from O'Connell Square following a route down Parnell St, the Cornmarket and finishing at the Market Building.

The festival committee are seeking 4 volunteers to join their team of Marshalls. The Marshalls will be placed at various points in town to give direction and ensure Health & Safety requirements are adhered to.

This promises to be a fun filled event for all children to celebrate Halloween so if you are interested in being part of this Spooktacular evening of frights and ghoulish fun, are over 18 and are available for 4 hours on Saturday 27th October please contact Dolores on 065 68 475517

Shopping Companion – Ennis

Brothers of Charity

The Brothers of Charity Clare support individuals to achieve a full and valued life in their community.

Do you have 2 hours a week on to spare volunteering as a Shopping Companion for an adult with an intellectual disability. The role of companion would be to meet once a week to assist a person with their weekly family shop in Dunnes Stores, Ennis and to offer company and a chat over a coffee after shopping.

This role would suit a male or female looking for an opportunity to use their existing skills and learn new ones whilst being fully supported by the Brothers of Charity organisation.

If you are available weekly on a Tuesday evening at 7pm for 2 hours (this day and time could be changed to suit the right person), are trustworthy are a good communicator, patient but keen to have fun this could be the perfect volunteering opportunity for you. Understanding the importance of discretion is essential for this role.

Cyclist Companion

Brothers of Charity

The Brothers of Charity are currently looking for a cyclist volunteer to accompany a person with a keen interest in cycling. The opportunity is to take place on a Tuesday or Wednesday evening from 5pm to 7pm. The route is from Ennis Town Centre to Lees Road and return to the town centre.

The volunteer must have their own bike and helmet. If you are a keen cyclist. Contact Dolores to find out more.

Christmas Shoebox

Christmas Shoebox Appeal

Team Hope runs the Christmas Shoebox Appeal that provides shoeboxes filled with gifts for 'forgotten children' in Eastern Europe & Africa. Shoeboxes are donated by volunteers, school children and groups.

They require volunteers to get involved in the following roles:

Warehouse Set Up

Volunteers are needed to assist in setting up a space for the Shoebox Appeal Project, clearing the space moving heavy shelving and setting up the various stations. If you have 2-3 hours to spare from the 21st October to the 7th November, please contact Dolores.

Volunteer Drivers

Volunteers will be asked to pick up filled shoeboxes from schools and businesses and deliver to the Ennis warehouse.

Locations are in, Shannon, Sixmilebridge, Newmarket, West Clare, North Clare and East Clare areas. Drivers own vehicle and insurance necessary. Volunteers are often asked to say thank you to the children in the form of certificates, either as they bring their box to the vehicle or in class assembly

This role will take place in late October through to the first 2 weeks of November and the time is flexible.

Quality Assurance Checker

We are looking for a team of volunteers to check each shoebox to see that contents are safe, age appropriate and comply with customs requirements.

Training will be given and each volunteer will work alongside an experienced volunteer until they are familiar with the role

The warehouse is based in Ennis and is open 5 hours a day, 5 days a week over a 2-3 week period beginning the 2nd November. The role takes place for 2.5 hours in the morning (time to be confirmed) and from 7-9.30pm in the evening. If you have an hour or two during November your help will be appreciated.

Teddy Washer

Every year Team Hope find cuddly toys that have been damaged in transit and need to be washed and dried before they can be delivered to the children.

Ideally the volunteers would pick up the bag of items that need washing from the Ennis warehouse between 9 – 9.30 and enjoy a cup of tea with us, take them home to wash and dry them, then return them to us. However, if you don't have transport and would like to be involved, one of the team will drop the items and pick them up.

If one of these roles appeals to you please contact Dolores at dolores@volunteerclare.ie for more information

Breakfast Club Volunteer 2018/19

Scoil Chríost Rí Breakfast Club

The Board of Management along with the Ennis Lions Club have set up a breakfast club for children attending the school. The aim of the club is to provide a breakfast for children before attending school. The facility is set up to support up to 20 children.

The Breakfast Club is run from the Junction Community building in Cloughleigh from Monday to Friday mornings between 8.15am – 9.15am.

Volunteers will work in pairs and be on a roster basis to carry out the following duties one morning a week:

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- Set up breakfast which will include (cereal, glass of milk, slice of

- toast)
- Serve the children in a seated area
- Assist in the clean up

School starts at 9am and a teacher will arrive to collect pupils and walk them to school. If you are available between 8am and 9.30am one morning a week, please contact Dolores.

Newmarket on Fergus – Meals on Wheels

Newmarket on Fergus is a service that delivers meals to people in their home who are unable to prepare their own meals. This service operates from Café Fergus in Newmarket on Fergus and primarily delivers to the elderly population of South Clare. These meals are delivered daily in the areas of Newmarket on Fergus, Sixmilebridge, Clarecastle, Quin, Kilmurry, Bunratty and Kilkishen Village.

Volunteers will always carry out the deliveries in pairs and will be fully inducted before commencement. They will Assist in carrying the food from the collection point to the vehicle. Assist with taking the food into the homes of the elderly people in the area. Spend a few minutes chatting with the people on the delivery route. Accompany the driver as they return containers to the collection point.

Evening Receptionist Accord - Ennis

ACCORD is a well know, respected and experience agency that has in excess of 50 years experience working with couples and individual supporting them in their marriage and relationships.

They are looking for a volunteer receptionist to assist at their Ennis base to attend the centre between the hours of 5pm – 9pm on Tuesday or Wednesday evening on a weekly rota basis.

The evening receptionist would have no face to face contact with the clients.

Mini-bus Driver – Enable Ireland

Enable Ireland Adult Services in Clare operate from a Centre in Clonroad Business Park.

They are currently looking for a driver for their Minibus to take a small group to different activities, such as sports, therapies, swimming, appointments etc.

This opportunity is based locally in Ennis from Monday to Friday from 8am – 10.30am and evenings 3.30pm to 6pm. The volunteer driver would be accompanied on routes by a staff member and the day/time can be agreed with the volunteer and the service coordinator.

Enable Ireland will provide manual handling training and training on how

to safely move and clamp wheelchairs on the bus. The volunteer must have a full clean B1 driving licence.

We have moved! The Clare Volunteer Centre is now located in the Clare Education Centre, Government Buildings, Kilrush Road. Call us on 065 68 45517 / 065 68 45513 to make an appointment to call in or to find out about any of the opportunities listed.

View up to date opportunities on www.volunteerclare.ie

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