

November 2020 Newsletter

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

Shoobox Appeal - Call Out

What's Involved

The Shoobox Appeal is traditionally associated with the annual collection of shoe boxes full of toys and gifts that are sent to vulnerable children in developing countries every year at Christmas time. This year however, Team Hope cannot take physical donations of gifts due to the restrictions of Covid 19 and will do things a little differently.

As the shoeboxes are the only gift that a child will receive at Christmas and the joy that they deliver is incredible Team Hope have taken this online. They are asking schools, families, friends, communities and businesses to #TeamUpForTeamHope to continue to support them.

Team Hope will work with their network of local partners in Africa and Eastern Europe to purchase items for shoeboxes, which will then be delivered straight into the hands of children affected by poverty.

There are many ways to get involved. If you are interested, please contact Dolores on 087 361 2119 or email dolores@volunteerclare.ie for more information.

Share A Christmas Memory with a Card

What's Involved

Due to the restrictions of COVID 19, residents in our Nursing Homes & Community Hospitals across Clare continue to have restricted visits from family & friends. This has been a very challenging time for them. We introduced the "Send A Letter Campaign" a few months ago and it has made such a difference. They really look forward to hearing all the news and stories and it has been such a success so THANK YOU to all that got involved.

We are now looking for volunteers to send them a card this Christmas to include a Christmas memory or story.

Please wash your hands before you start.

Design your own card or use an existing Christmas Card but no bigger than A5. All cards to be addressed to "Dear or To" with a space left for the nursing home to input the name as we are looking to personalise the cards, so each resident gets their own.

No reply address to be given or sharing of contact details but first name can be given for sign off.

Please use the card to share a Christmas memory. This is so important as it is triggering memories and stories of times gone by for them.

Some suggestions could be The story of Christmas, The candle in the window, The wren boys calling, making mince pies, a tradition you had as a family, what you remember as a child, maybe a gift that meant so much to you. How your mum prepared for Christmas.

If the envelope is not self-sticking use Sellotape to seal.

Post or deliver by hand right up to Monday 14th Dec to allow for delivery for Christmas Week. Please see address below: -

Clare Volunteer Centre
C/o Clare Education Centre
Government Buildings
Kilrush Road
Ennis
Co. Clare
V95 F782
<http://www.volunteerclare.ie>
/ 087 361 2119

Help them to keep their spirits up and to stay focused. This is a role for all the family to get involved and it is hoped that they will get great joy from the cards received.

The Clare Volunteer Centre will manage the distribution of all correspondence and all strict guidelines will be adhered to. This initiative has been welcomed by the Elderly Care facilities throughout Clare.

If you are interested in making a difference at this time and willing to share your thoughts and experience, please contact Dolores at The Clare Volunteer Centre on 087 361 2119 or email dolores@volunteerclare.ie

Creative Volunteers – St Vincent de Paul

What's Involved

St Vincent de Paul shops nationwide are promoting the positive well-being of all local communities, while creating eco-friendly crafts to support those in need. Unlock your creativity and join SVP in fighting the consequences of COVID-19.

SVP Vincent's shops invite you to become a Craft Volunteer. This is a role that can be done from home and can include family, friends and housemates.

They are looking for volunteers to make different types of handicrafts (some items that have been donated have been homemade fabric face masks, cards, beaded purses, napkins, and jewellery) and donate them to St Vincent's shops. Crafts must be made to be of saleable standard, and they will be sold through the local branch based in Ennis.

If you like to use your craft skills, challenge yourself and try something new, while supporting your local community please contact Dolores at dolores@volunteerclare.ie or 087 361 2119 to get further information.

Participate in a Survey with the School of Psychology, UCD (COVID-19)

What's Involved

Complete a survey on the impact of positive psychology on wellbeing (COVID-19)

UCD School of Psychology continues to carry out many surveys and research programmes to understand how COVID-19 might impact on the wellbeing of our society and help to inform mental health services on how to best support people.

They are currently looking for volunteers to "Complete a survey on the impact of positive psychology on wellbeing (COVID-19)". This is an online anonymous survey. It can be completed from anywhere, including the comfort of your own home.

If you are over 18 years of age you now can take this anonymous survey developed by the UCD School of Psychology for adults living in Ireland. The research focuses on understanding the aspects of positive psychology (such as gratitude) that may influence wellbeing, particularly depression, anxiety and stress of people living in the Republic of Ireland and Northern Ireland in relation to COVID-19.

This study is funded by the Health Services Executive (HSE). By completing this survey, you will help to understand the effect COVID-19 has on wellbeing, and how services can

best support people impacted. You are invited to take part in this research wherever you are living in Ireland.

If you are interested please contact Dolores on dolores@volunteerclare.ie to be sent the link or phone 087 361 2119.

Your input will help inform researchers of the effects of the current crisis on our wellbeing. Please note that you must have access to the internet and be 18 years or over.

Participate in Research with the Institute of Food and Health UCD

What's Involved

Women needed to complete food, exercise and mind survey (COVID-19)

Researchers in the Institute of Food and Health, UCD, are conducting research on the impact of the COVID-19 pandemic on the food intake, physical activity and mental health of women and their infants. Some women are already experiencing negative impact but there is no clear picture of who is affected and by how much.

You will be asked to complete a 15-mins survey on food intake, physical activity, body weight and mental wellbeing. If you have just had a baby, you will be asked about infant feeding. You must be over 18 to take part.

To get involved please contact Dolores on 087 361 2119 or dolores@volunteerclare.ie for more information.

Oral History Abstract Role Cuimhneamh an Chlair

What's Involved

Cuimhneamh An Chláir which translates to (Memories of Clare) is a voluntary and independent charity (CHY20976) who digitally record, archive, and showcase the memories, folklore and traditions of Clare's oldest citizens. Cuimhneamh An Chlair have documented the life stories, memories and folklore of hundreds of Clare's oldest citizens with people aged from 65 – 106 years. They are motivated by a sense of urgency, mindful that the current elderly population may represent the last link to an older way of life in Clare. They provide a platform for the dissemination of the material

collected through co-operation with community groups, schools, third level institutions, and the broader public.

Due to the current pandemic, they are unable to carry out our regular face to face interviews. But are working on their current archive of interviews in producing abstracts for each interview. They are looking for volunteers who may have an interest in History & Folklore.

The tasks for this Abstract role would be as follows: -

Ability to listen, abstract and type from audio to MS Word - NOTE: we do not transcribe interviews but ensure the topics and general info from the interview is documented according to set timeslots

Attention to detail

Ability to check facts and ensure spelling of certain words like townlands is accurate i.e. pause interview and do web search

Be comfortable with email, internet and online communications

Learn use of software such as Audacity

The volunteer must

Have an interest in oral history and folklore

Good keyboard skills, knowledge of MS Word

Good communication skills.

Good level of English both oral & written.

Have an interest in working with older persons and their life stories

The volunteer will be fully inducted, and any training required will be done on Zoom.

If you have an interest in getting involved with this Organisation and can work from home please contact Dolores on 087 361 2119 or dolores@volunteerclare.ie

English Conversation Tutors - Failte Isteach

Fáilte Isteach is an organisation that provides opportunities for people to contribute to their communities and engage actively in society. Fáilte Isteach involves volunteers welcoming migrants to the community through conversational English classes. It provides more than the transfer of skills and knowledge. It is making a positive difference to everyone involved.

They have recently started their teaching online and are looking for additional volunteers to join their team. The aim is to assist people that are new to the community to improve their spoken English. Failte Isteach offer bespoke training and provide resources and all materials to include books. All training and information are done on Zoom so all volunteers must be over 18years of age and have good WIFI coverage at home.

The courses are usually 6 weeks and the set up is 2 tutors with up to 4 learners on the

Zoom at any one time. The tutors will work together, and they will always be supported. Fálte Isteach offer their tutors other training all coming under the ethos of their organisation.

If you are interested in this role and are confident on Zoom (full training will be provided on the workings of Zoom also) please contact Dolores on 087 361 2119 or dolores@volunteerclare.ie

Online Merchandisers – Clare Haven Horizons Charity Shop

What's Involved

Clare Haven Horizons recently launched their online service in order to take their charity shop sales to the next level. This global platform gives a real-world and accurate value for quality used fashion & accessory items as well as books and quality jewellery pieces; ensuring the best price is achieved to maximize the proceeds to the charity.

This service has gone from strength to strength over the past few months and they are currently looking for volunteers to support them. They will be looking for volunteers for the beginning of Dec that are good on Facebook and Instagram.

The tasks would be as follows:

- Choosing and categorizing products suitable for online selling
- Uploading bar coded items to the online system using a bar code scanner
- Taking photos of fashion items and uploading to the system
- Liaising with warehouse team regarding supplies
- Preparing items sold for dispatch.

NB All volunteers must be prepared to comply with all national guidelines and protocols as well as the completion of the Covid 19 return to volunteer questionnaire. An induction training will be provided to all new and existing volunteers on the Covid 19 business response plan.

If you have 3 hours a week any day from Monday to Friday and could contribute to this team, please contact Dolores on 087 361 2119 or dolores@volunteerclare.ie

Sorting Donations – Clare Haven Horizons Charity Shop

What's Involved

Due to the increase in the donations to Clare Haven Horizons the team are looking to recruit new volunteers to support them. They are currently looking for volunteers to join their sorting team at the Charity Shop which is based on the Gort Road Industrial Estate.

The Sorting Assistants will carry out the following tasks:

- To meet & greet customers dropping off donations.
- To assist and serve customers, providing a service of the highest standard.
- Quality Control & selecting stock for recycling.
- Pricing using colour coded pricing system.
- To assist with processing stock, including labelling & steaming,
- Prepare stock for shop floor.
- Select stock for recycling.

All volunteers will work in pairs for this opportunity and be part of a bigger team.

If you have 1- 2 hours to spare any morning or afternoon from Monday to Friday, please contact The Clare Volunteer Centre on 087 361 2119

Please be advised that due to Covid 19 we are not based in the office at the Kilrush Road at present. We are working remotely and can be contacted on 087 361 2119

If you would like to unsubscribe from this newsletter please email info@volunteerclare.ie with UNSUBSCRIBE in the Subject Field.