

# December 2021 Newsletter

*A snapshot of our latest volunteering opportunities. See the full list on [www.volunteerclare.ie](http://www.volunteerclare.ie)*

## Call out for Christmas Cards

### What's Involved

The Share A Christmas Memory role was such a success last year that we have decided to run it again for this Christmas 2021. It continues to be a very challenging time for all residents in Nursing Homes. Some residents have little or no visitors at all and really look forward to hearing peoples, news, and stories.

We are now looking for volunteers to send them a card this Christmas to include a Christmas memory, story, poem or just a note to say you are thinking of them.

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 personalize 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 or just write a note to them. 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. Please pop in your phone number or name on a separate slip of paper so that we at the Volunteer Centre can send you a text to say thank you. We will then discard it.

Post or deliver by hand right up to Monday 13th Dec to allow for delivery for Christmas Week. Send to :-

Clare Volunteer Centre  
C/o Clare Education Centre  
Government Buildings  
Kilrush  
Co. Clare  
V95 F782  
<http://www.volunteerclare.ie>  
065 68 45517

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## Coffee Morning Volunteers – Ennis

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### What's Involved

Mna An Gaire based in Ennis are a group open to women of all ages and backgrounds coming together to learn and to share their knowledge. They are involved in activities from Yoga & Meditation to upskilling. They have a designated comfortable space in Ennis where they have kitchen facilities along with a digital hub.

They are holding coffee mornings on a Tuesday & Thursday in Dec and are looking for volunteers. The Coffee Mornings are running from 11am to 12pm on both Tuesday and Thursday. They are currently looking for volunteers to take on the following tasks:-

Open the doors and set up for 11am  
Set out the Tea/Coffee and refreshments

Give out relevant information re classes, courses etc.  
Assist with filling out forms to join Mna An Gaire  
Assist with the clear up

This is a very welcoming group open to all new visitors and the volunteers would be invited to join the group.

If you have availability on any Tuesday or Thursday in Dec and keen to get involved with this group please contact Dolores on 065 68 45517 or email [dolores@volunteerclare.ie](mailto:dolores@volunteerclare.ie)

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## Listening Volunteer – Samaritans

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The Samaritans offer a free confidential helpline for people who are upset, troubled or feeling suicidal. They are currently looking for volunteers to join their Team which is based at their Centre in Ennis.

This role is for 3 hours a week on a rota basis and full training and mentoring is provided. Once a volunteer is trained it is hoped that they may be able to commit to 1 - 2 years.

They will start to recruit in Dec & Jan for training to commence in February 2022

Due to the restrictions of Covid 19 they will carry out their informal interviews as well as some of their training on Zoom.

If you are interested, please contact Dolores on 065 68 45517 for further details and to be referred.

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## Meals On Wheels Volunteers

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### What's Involved

Obair Meals on Wheels service is based in Newmarket On Fergus. This service prepares & delivers meals to older people in their home who are unable prepare their own meals. It operates from a purpose built new building in Newmarket and delivers a hot 2 course meal Mon to Fri. These meals are delivered daily in the areas of Ennis, Shannon, Newmarket on Fergus, Sixmilebridge, Clarecastle, Doora, Quin, Kilkishen, Kilmurry and Bunratty. Obair has 5 of their own branded Meals on Wheels vans for use across 6 delivery routes.

Due to the increase in demand in the last 2 years they are looking to once again increase their panel of volunteers to provide additional support in the various communities. They are currently looking for volunteers with a full clean driving licence to join their team to carry out the following tasks:

- Drive the Meals on Wheels vehicle to and from the locations using Eircodes, leaving from Newmarket on Fergus and returning after each route.
- Carrying the packaged meals from the van to the door of each household
- Spend a small few minutes chatting with the clients on the delivery route

Volunteers often carry out the deliveries in pairs but on some routes a volunteer both drives and delivers, it is a personal preference. Each delivery route takes no more than 2 hours.

This role will be carried out Monday to Friday between 11 and 2pm.<

If you have 3 hours a week to spare one day a week and have a full clean driving licence, please contact Dolores on 065 68 45517 or email [dolores@volunteerclare.ie](mailto:dolores@volunteerclare.ie)

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## Befriending / Telephone Support with ALONE

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### What's Involved

Support & Befriending is a supported one-to-one relationship between a volunteer and an older person who has been linked in with ALONE. The ALONE Support & Befriending service provides companionship to older people who would like extra social contact through a weekly visit /call especially over the Christmas period.

The pandemic has proven very challenging to all our older people as we gradually emerge ALONE are now looking for additional support from telephone calls to gradually face to face meeting once it is safe to do so.

The role is as follows:-

- To commit to weekly calls/ visits a to an older person who you are matched

with, for a minimum of 1 year, providing companionship.

- To attend training, and follow the ALONE guidelines throughout your time with ALONE.
- To provide basic practical support for the older person where necessary. (Volunteers are not substitutes for home-help or care assistants and are not expected to do so.
- To support the older person when attending ALONE social events when it is safe to do so.
- To support the older person to integrate in their community – such as encouraging them to join local groups and initiatives for older people.
- To be an advocate for the older person where necessary. This might mean making a phone call on their behalf or helping them. to fill in a form.

Training takes place via Zoom and takes up to 1 hour. Volunteers are asked to use their own phones with the number of private OR to use the ALONE App to make the calls.

Please note ALONE comply with all up-to-date Covid-19 restrictions. Home visits will only take place when HSE guidelines allow. In the interim, all volunteer visits will take place over the phone.

If you are interested in working with the elderly and have 1 hour a week to spare, please contact Dolores on 065 68 45517 or [dolores@volunteerclare.ie](mailto:dolores@volunteerclare.ie)

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Please be advised that we have now returned to the office at Kilrush Road, Ennis and can be contacted on 065 68 45517 by email at [dolores@volunteerclare.ie](mailto:dolores@volunteerclare.ie) OR [sharon@volunteerclare.ie](mailto:sharon@volunteerclare.ie)

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