

March 2022 Newsletter

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

Company Secretary – West Clare Mental Health

What's Involved

West Clare Mental Health aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights. This is achieved through The Lighthouse Peer Support Centre which is based in Kilrush. The Lighthouse is open to those seeking support for themselves, their family members and others interested in supporting and promoting positive mental health in West Clare.

The committee are currently looking for a volunteer to take on the role of Company Secretary.

The role is as follows:-

Maintaining the register of members, trustees / directors and secretaries.

Administrative duties including preparing and circulating board packs for board meetings.

Attending meetings, taking minutes and issue to all involved.

Dealing with correspondence on email /post.

Ensuring that the charity is compliant with all relevant statutory and regulatory requirements.

Ensuring the charity is in compliance with the Charities Governance Compliance Code and that the charity's Governance Record Compliance Form is maintained and kept up to date;

Ensuring that the charity's statutory registers are kept up to date;

Ensuring that decisions and actions of the board of charity trustees are accurately recorded and implemented;

The volunteer will be given an induction and full support will be given at all times by other members of the committee.

If you have 2/3 hours a week and can work from home or attend a face to face, meeting once a quarter, contact Dolores on 065 68 45517 or email dolores@volunteerclare.ie

Lunchtime Serving Assistants – Carrigoran

What's Involved

The Health & Wellness Centre at Carrigoran House, benefits the wider community by enabling older persons to live longer in the community be healthier, more active, vibrant & involved. It also offers day respite and support for carers. A varied programme with choice options are planned for each day, which include Social, Creative, Fitness and Leisure activities.

The Day Centre welcomes approx 30 clients are on a daily basis to avail of all the services offered. It operates full catering facilities and offers a main meal each day.

They are currently looking for volunteers to join their servers team on a Thursday morning from 11am to 1pm.

The volunteers will be asked to carry out the following.

- Assist with serving the meal
- Serving of Tea/Coffee.
- Operate in a safe & hygienic manner.
- Clearing up following the meal.
- Adhere to Health & Safety protocol at all times.
- Serve with a smile and provide plenty of chat whilst carrying out the role.

This role will be fully supported at all times and volunteers will be given an induction and refreshments will be provided.

If you have 2 hours a week and like engaging with older people, please contact Dolores on 065 68 45517 or email dolores@volunteerclare.ie

Family Befriender role Ennis & Shannon

Respond's resettlement programme based in Shannon & Ennis start to work with families once they are housed in a Local Authority area. They provide resettlement support and translation to assist the families integrate into their new community.

They are looking for volunteers to support the service supporting families who have fled their home country and now find themselves living in a country where they don't know the people, the system or the culture.

The volunteers will assist with the following:-

- Helping families to integrate into their new communities and towns.
- Assisting the families in managing their day to day living
- Sharing local knowledge about shopping, schools, libraries, places of worship or historical significance etc.
- Supporting families to take part in social activities, join local groups, clubs, activities etc.

Practicing the English language

Liaising with the Programme Resettlement Support Worker to give feedback.

If you have an interest in this role and have your own transport, please contact Dolores on 065 68 45517 or email dolores@volunteerclare.ie

Darkness Into Light Ennis Set Up Support

What's Involved

The Darkness Into Light committee are delighted to announce that the Darkness Into Light walk to support Pieta House is back in Ennis for 2022. It has been 2 years since the walk has taken place in person they are hoping this event will be bigger and better than ever with much funds now needed.

The walk will take place on Saturday 7th May at 4.15am in Ennis town with the route to be advised.

As the committee work through organising this event they are looking for volunteers to support them with specific expertise in Health & Safety, Crowd Control and Management of people. This is to ensure this event is both well organised and enjoyable.

The volunteers will be fully supported by the team and fully briefed on what is required. They will also be included in the meetings currently taking place to organise the event.

If you have 2 hours a week to spare on the run up to this event of 7th May and including that morning please contact Dolores on 065 68 45517 or email dolores@volunteerclare.ie

English Tutors – Failte Isteach

What's Involved

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 from September they are looking for volunteers to join their team. The aim is to assist people that are new to the community to improve their spoken English. Failte Isteach offers bespoke training and provide resources and all materials to include books. All training and information are currently done on Zoom but the aim is to get back into the classroom when it is safe to do 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

Zoom at any one time. The tutors will work together, and they will always be supported. Failte 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

Delivery Driver – IWA Charity Shop

The Irish Wheelchair Association have extended their service and are now collecting and deliveries furniture and fittings. They are currently looking for a delivery driver to join the team.

The driver will be responsible for the collection & delivery of furniture donations ie tables, chairs, 3 piece suits, lamps and soft furnishings.

The role are as follows:-

Loading, transporting, and delivering items to customers throughout the county in a safe, timely manner

Reviewing orders before and after delivery to ensure that orders are complete.

Assisting with loading and unloading items from vehicles.

Accepting payment for delivered items.

Providing excellent customer service,

Adhering to assigned routes and following time schedules.

Abiding by all transportation laws and maintaining a safe driving record.

This role takes place any day from Monday to Friday and drivers are required from 10am to 2pm OR 1pm to 5pm.

The Driver will be accompanied at all times for support and will asked to under the manual handling training.

If you hold a B Driving Licence and have availability on any day during the week, please contact Dolores on 087 361 2119 or dolores@volunteerclare.ie

Client Companion – Clarecastle

The Clarecastle Day Care Centre has now reopened and is delighted to be welcoming back clients on a daily basis. The buzz is back at the centre and the clients have come back with great energy and enthusiasm. They avail of services throughout the day from Hairdressing and Chiropody to Bingo & Art.

The team at the Day Centre are now looking for a volunteer to spend some time on a one to one basis with a client that may not be interested in a group activity. This role would take place on a day from Monday to Friday from 1.30pm to 3.30pm

The volunteer and client could get together to read a book or just have a chat. There is

also the option to take a walk outside once the weather allows that.

This is a role for a volunteer with a friendly and outgoing personality to work with a client that might just want to chat to take some time out.

All Volunteers would also be asked to avail of the Safeguarding training for vulnerable adults which will be organised by the manager of the Centre and to comply with all covid guidelines that are currently in place.

If you have up to 2 hours on any afternoon from Monday to Friday and would enjoy the company of a person in their senior years, please contact Dolores on 065 68 45517 or email dolores@volunteerclare.ie

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 OR sharon@volunteerclare.ie

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