



volunteering information service
Seirbhís agus eolas obair dheonach
CAVAN



Welcome to the February 2017 Cavan Volunteering Information Service (VIS) News update. **Noted below is just a small selection of the Volunteer Opportunities available and information on Training available in 2017. Visit our Website at www.volunteercavan.ie to view more opportunities and access information on upcoming events and training.**

VOLUNTEER OPPORTUNITIES AVAILABLE – FEBRUARY 2017

BIG BROTHER BIG SISTER PROGRAMME CAVAN

PHONE: 086 048 1992

E-MAIL : yvonnemcmanus@foroige.ie

VACANCY: VOLUNTEER YOUTH MENTOR

Volunteer will share hobbies and interests to make a positive difference in the life of young people. This is a monitoring Programme that forms friendships between adult Volunteers and young person.

Days & hours per Week: Monday – Sunday afternoons and evenings (2 hours per Week)

SOSAD, 26 Bridge Street, Cavan

Phone: 049 432 6339

E-Mail:

Sosad are looking **for stewards** for their annual 5K run in Ballyconnell on Saturday 25th February at 9.30am .

TEMPLEPORT SOCIAL SERVICES, BAWNBOY, CO CAVAN - **Volunteers required** to help at Day Care Centre 4-8 hours every 3 weeks. **Contact: Ann Smith on 087 285 7471 or email smithygowlagh@gmail.com**



volunteering information service

Seirbhís agus eolas obair dheonach

CAVAN



BRIDGE STREET CENTRE, CAVAN

PHONE: 049 4325070

MOBILE: 087 355 8447

EMAIL: estafford@cavancoco.ie

VACANCY: CARETAKER

Duties include opening and closing the Centre (operating the alarm system), receipting monies, setting up rooms for various groups, keeping the Centre clean & tidy. All of our previous caretakers have really enjoyed the role, and found it very rewarding in giving them an important responsibility and purpose after being unemployed for a significant period. www.bridgestreetcentre.ie

MUINTIR NA TIRE COMMUNITY ALERT

PHONE; 086 600 0757

E-MAIL: vanessa@muintir.ie

VACANCY: CRIME PREVENTION AMBASSADOR

The Volunteer will visit a minimum of 6 older people to deliver crime prevention packs. Volunteer will work in pairs and will not be expected to visit anyone alone. Once off Volunteering opportunity to be carried out in a 2 month time frame.

Days and hours per Week: Monday – Sunday afternoons and evenings.

HOME CARE ANGELS CAVAN

PHONE 085 196 2090

E-MAIL homecareanglescavan@gmail.com

VACANCY: FUND RAISING CO-ORDINATOR



volunteering information service
Seirbhís agus eolas obair dheonach
CAVAN



]

CAVAN SCHOOL COMPLETION PROGRAMME CAVAN

PHONE 0861703833

E-MAIL cavanscp@eircom.net

VACANCY: HOMEWORK CLUB SUPPORT

Volunteer will be involved in a homework Club for primary students, checking homework and engaging with early finishers. Minimum Contract - 6 Months

Days :Tuesday, Wednesday & Thursday Afternoons

Hours per Week: 6 Hours

CAVAN SOCIAL SERVICES, CATHEDRAL ROAD, CAVAN - Volunteers required to come, help and join in activities for the active retired, gentle exercise, Tai Chi, Dancing, Crafts, Whist and the delivery of Meals on Wheels twice a week. **Contact: Gladys Donohoe on 049 4332306 or 087 822 8097.**

CAVAN COMMUNITY RESPONDERS CAVAN

PHONE : John Monaghan on 087 120 2264

E-MAIL : cavancfrgroup@gmail.com

VACANCY: TO BE ON CALL FOR MEDICAL EMERGENCIES

Volunteers required to be on call for any medical emergency in their local parish town and to respond and help with equipment while an ambulance is on the way. You will have the opportunity to avail of an initial 3 hour course in the use of the equipment plus ongoing training every month for 2 hours or fortnight for one hour. Training will also be given in the use of Defibrillators and responding alongside the ambulance services to medical emergencies in all local communities. **Days and Hours: Flexible**



volunteering information service

Seirbhís agus eolas obair dheonach

CAVAN



JAMPA LING TIBETAN BUDDHIST CENTRE, BAWNBOY, CO CAVAN

Volunteers required for the following opportunities:

- **Gardener** – 2 weeks (20 hours)
- **Housekeeper** – cleaning, making beds, doing laundry. For 2 weeks (20 hours)

Contact Desmond Gough 049 952 3448 or email info@jampaling.org

IRISH HEART FOUNDATION, CORLURGAN BUSINESS PARK, BALLINAGH RD, CAVAN

This organisation supports stroke survivors through activities and Social Events. They require a **‘Volunteer Driver’**

Hours: 2 hours weekly (Thursday mornings) **Contact:** Julie on 087 097 3714 or email: juliehamill23@gmail.com

SCOUTING IRELAND looking for Volunteer Scouting Leaders

Hours per week (2 hours)

We are looking for adult volunteers to help develop children and young people (aged 6 and over), in their area through scouting activities.

Contact James Fox on 086 047 4306 or by email on jfox@scouts.ie, information on Scouting available at www.scouts.ie

VISIT OUR WEBSITE AND REGISTER: WWW.VOLUNTEERCAPAN.IE



NB. Please let Maria (VIS Coordinator) know if you have found a successful placement with one of our registered organisations Contact: 087 097 6402 or by Email: info@volunteercavan.ie.

Upcoming Training / Information for 2017

The following training sessions and workshops are being delivered in 2017. **Please note your interest, stating which workshops you wish to attend by contacting the VIS Office by phone or text on Mobile: 086 038 7236 or by email: info@volunteercavan.ie** (times and locations for some of the sessions will be forwarded to interested groups in due course). Please note that as Monaghan Volunteer Centre are currently facilitating Cavan 'Garda Vetting Applications', the Information Seminar noted below on Garda Vetting will be held in Castleblaney.

Training / Workshops

(Updates on further training available will be advertised later in the year.)

DATE	TIME	LOCATION	WORKSHOP
May 2017	T.B.A	Cavan, Kilnaleck Blacklion & Bailieborough	Funding Application Sessions will be delivered throughout Co Cavan.
May 2017	T.B.A	Cavan Town	How to access and maintain your volunteers and how to develop a Volunteering Policy for your Group / organisation.
Thur 30th March	7.30pm-9.30pm	Enterprise Centre Castleblaney	Information Session for Groups & Organisations on ' Garda Vetting '
March 2017	T.B.A	Monaghan	Volunteer Management Training (VMT) Modules include: Planning for Volunteer Involvement, Volunteer Recruitment and Selection, Day-to-day Management of Volunteers.

Calling All Volunteers & Groups!

Cavan Volunteering Information Service (VIS) would like to invite past and present **Volunteers and Volunteer led organisations to write a little piece about their experience of volunteering or their experience of engaging volunteers in their organisation.** A couple of paragraphs and a photo if you feel comfortable sharing a photo would be great. If you would like to relate your experience, **please email: info@volunteercavan.ie or contact Maria on 087 097 6402 .**



volunteering information service

Seirbhís agus eolas obair dheonach

CAVAN



Further Information:

Volunteer Ireland have lots of information and tips for volunteers and organisation that involve volunteers on their website. Website: www.volunteer.ie



Find out more information by contacting Maria at 087 097 6402 or email: info@volunteercavan.ie.

Please note: *If you require further assistance in identifying the area of work you are interested in, a consultation can be arranged with the Cavan VIS office to help guide you towards a suitable placement. A response to any queries made through the Website 'Contact page' will be provided within the week and during normal office hours.*

'Tip of the Month'

If you're involved in managing a team of volunteers remember to Say 'thank you' regularly. You could try sending them personal notes on special occasions (birthdays, holidays, for a job well done etc.) Remind them how important their efforts are to your organisation.
