



*Volunteer
with us*



**Kerry
Volunteer Centre**

Ionad d'Obair Dheonach Ciarraí

VOLUNTEERING INFORMATION GUIDE

www.volunteerkerry.ie



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The purpose of the Information Guide for Volunteers is to support people living in Kerry on their journey to become Volunteers. The Information Guide provides a simple three step process on how to start Volunteering. It has been developed by Kerry Volunteer Centre with the support of Volunteers to help people to have a positive and meaningful volunteering experience.

What is Volunteering?

According to Ireland's National Volunteering Strategy, volunteering is 'any time willingly given, either formally or informally, for the common good and without financial gain.'

There is a proud, rich and active history of volunteering in County Kerry and in Ireland. In fact, about 1 million people in Ireland volunteer each year! Volunteers are involved in all aspects of life supporting areas such as health, education, culture, social services, environment and the arts. Throughout Kerry, volunteers are engaged in delivering a huge range of services that improve life and living in local communities.

There are many different reasons as to why people of all ages choose to freely give of their time, skills and energy for the benefit of others. Volunteering is a selfless choice, for the benefit of others, yet it can have hugely positive impacts on those that volunteer.

Positive impacts of volunteering include:

- ✓ Gaining new skills and enhancing existing skills
- ✓ Meeting new people with similar interests
- ✓ Gaining valuable experience
- ✓ Feeling connected to your community
- ✓ Making a difference in someone's life
- ✓ Having fun with like-minded people



How Can Kerry Volunteer Centre Help?

The team at Kerry Volunteer Centre are kind and knowledgeable. They can provide you with advice, guidance and brokerage services so that you can find out all about volunteering and begin volunteering when you are ready. You can access and avail of Kerry Volunteer Centre services in accordance with your preferences. You can avail of services in person, over the phone and online, the choice is yours!

Kerry Volunteer Centre is one of **29 Volunteer Centres** in Ireland. Volunteer Centres provide a variety of free services that support people who are interested in volunteering to find volunteering opportunity(s) that suit their interests, availability and preferences. Kerry Volunteer Centre has been supporting Volunteers and strengthening Volunteer Involving Organisations in Kerry since 2003.

3 Steps For Volunteering Success

It's important that you set yourself up for a successful volunteering experience and below are 3 steps to help guide your volunteering choices and experiences.

Step 1: Ask Before You Act

In order to have a positive volunteering experience it is very important that you first take time to be absolutely clear about your motivations, priorities, availability, support needs and preferences. Ask yourself the following questions?

- ✓ Why do I want to volunteer?
- ✓ What type of volunteer opportunity would I like to do? What interests me?
- ✓ What would I like to gain from volunteering?
- ✓ What skills do I have that I can share with others?
- ✓ What interests, hobbies or skills do I have or would like to develop?
- ✓ How much time can I invest in volunteering? (Remember your other commitments!)
- ✓ When can I volunteer – evenings, weekdays or weekends?
- ✓ What time commitment can I make; short-term, one-off projects, once a week, long term etc?
- ✓ Can I travel to the volunteer opportunity?
- ✓ Will there be financial costs involved in travelling to the volunteer opportunity?
- ✓ What are my skills level? (For example, there may be opportunities that require a certain level of English proficiency or ICT, so be clear about your fluency and skills before applying for a volunteer opportunity)



It is equally important to be mindful of the Volunteer Involving Organisation's needs and expectations. For many organisations they engage volunteers to ensure they can continue to provide services, raise funds through fundraising, provide additional services and bring in additional expertise and skills. By involving volunteers, this allows the organisation to expand its service delivery. Remember, organisations will expect you to be on time, carry out your assigned tasks and communicate to them if you cannot attend or carry out the role.

Step 2: Go Online To Kerry Volunteer Centre's Website

Volunteers find the Kerry Volunteer Centre website, www.volunteerkerry.ie, to be a very useful resources to find out about volunteering. Many use the website to learn about the different volunteering opportunities that are available to them to get involved with. The website has lots of relevant options designed especially for Volunteers, as per the image below:



As you can see in the website image people can register their interest in volunteering on Kerry Volunteer Centre's website – www.volunteerkerry.ie which will take them to I-Vol (the national volunteering database) where they will create your individual volunteer profile/record.



[Home](#) [Start Volunteering](#) [Community Volunteers](#) [Find Volunteers](#) [Organisation Search](#) [My Profile](#) [JOIN US](#)

When a person **registers online**, they will be contacted by Kerry Volunteer Centre (by phone or email – please check junk/spam) to have a chat about their volunteer interests, preferences and availability. This is also a chance for the Volunteer to ask questions they may have and avail of support.

Once a person has registered, they will have a unique profile on Ireland's National Volunteering Database and can then **register their interest in a volunteer opportunity** directly through the website, www.volunteerkerry.ie. It is very important that people read carefully through the requirements of each volunteer opportunity to assess if it is a good fit for them before registering their interest in becoming involved in an opportunity.

Step 3: Choose Your Volunteering Opportunities Carefully

Volunteering can be a very rewarding experience but can also be challenging. Choose your opportunity carefully to ensure it's something that you will enjoy. It may take time to find the right opportunity but don't give up – it's worth waiting for something that's right for you. Sample **opportunities** include:

- ✓ Befriending – giving support and friendship to someone such as an older person in the community, people with disabilities or health problems or new arrivals to the country
- ✓ Education – tutoring people who need extra help, teaching English as a second language, helping students with a disability or someone recovering from injury
- ✓ Events – Events Volunteers ensure that local festivals and community events run seamlessly and are an enjoyable experience for all
- ✓ Fundraising – raising much needed funds for charities through on-street collections, volunteering in a charity shop, or even helping design a funding strategy for an organisation
- ✓ Online – organisations often require support that volunteers can do at home in their own time such as web design, creating a marketing plan, or looking after social media accounts
- ✓ Practical assistance – organisations often need volunteers to help out with more practical tasks such as DIY, painting, gardening or driving
- ✓ Short-Term – volunteering doesn't have to mean committing a huge amount of time over a long period. Many organisations need help with short-term or one-off specific projects and tasks

Take your time to read through the requirements, timing, location or each opportunity before you register your interest in getting involved. Take time to find a good fit for you. Once a registered volunteer clicks **"Register"** on a volunteer opportunity on I-Vol, Kerry Volunteer Centre will contact them to discuss the details of the role and assess suitability.

If a Volunteer decides to apply for a volunteer opportunity, Kerry Volunteer Centre staff will support the volunteer's understanding of the opportunity's requirements, such as time commitment, application process, screening involved (e.g. Garda Vetting) and skills required etc.

Kerry Volunteer Centre will then refer the volunteer's name, phone number and email address to the organisation they are interested in or give them the organisations contact details depending on the organisation's referral process and the volunteers consent.

Volunteer Opportunities in Kerry

Looking to volunteer locally? Listed below are the volunteer opportunities currently available throughout Kerry for you to register your interest in getting involved with.

Search			
Organisation Name	Volunteer Opportunity	Place of Volunteering	Activity that reflects opportunity
Killarney Mountain Meitheal	Rhododendron Eradication Volunteers	Abbey Wood Muckross Road Killarney	Conservation/Gardening
Ard Churam Day Care Centre North Kerry	Befriender for Dementia Unit	Ard Churam Day Care Centre, Greenville, Listowel, Co.Kerry	Driving/Accompanying
Alone Kerry	Support & Befriending Day Time Volunteer - Ballyunion	Ballyunion	Befriending/Mentoring
Alone Kerry	Support & Befriending Day Time Volunteer - Cahersiveen	Cahersiveen area	Befriending/Mentoring
South West Kerry FRC	Board Member	Cahersiveen	Committee/Board work/Management
« ‹ › » 1 2 3 4 5 ... »			

Subsequently, the organisation will contact the volunteer directly to discuss the opportunity and assess their suitability for the opportunity. They will answer any questions the volunteer may have and explain the screening and selection criteria that they use to ensure that they recruit and involve the most suitable volunteers. This is your chance to learn more about the organisation and what is expected of you.

If a volunteer does not hear from the organisation, they can inform Kerry Volunteer Centre so that they can follow up with the organisation and resolve the issue. Once you commence Volunteering the team at Kerry Volunteer Centre will remain available to support you and will check in with you on an ongoing basis.

Let's Remember

Volunteering is a choice! Kerry Volunteer Centre staff are available to help you make the best choice for you. Choose the volunteer opportunities that you seek to get involved with carefully and on the basis that they are a good fit for you and that you will likely be a good fit for the organisation.

Kerry Volunteer Centre is here to help and guide you. Remember to enjoy yourself when volunteering!

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