

If you are 18 years and over and wish to
volunteer with us then all you have to
do is pick up the phone and call

Gerry McLaughlin

on

Tel: 087-8059667

or

email: gerry.mclaughlin@muiriosa.ie

or

Complete, detach and return the
application slip below to:

Gerry McLaughlin
Volunteer Programmes Manager
Community Office,
Kilmaglish, Knockdrin, Mullingar,
Co. Westmeath.

NAME:

ADDRESS:

TEL No(s):

EMAIL:

(Volunteer Programme, Muiríosa Foundation)

www.muiriosa.ie

I like having a volunteer because...

"...my volunteer spends time with me,
looks after me and helps me out in any
way she can".

"...I look forward to hearing my
volunteer on the phone".

I like being a volunteer because...

"It has been an enlightening and a
valuable way to spend my time".

"I find it very good and I enjoy it. I get to
meet other people as well".

 **MUIRÍOSA**
FOUNDATION
www.muiriosa.ie



'Buzz-n-beanstalk'

by Michael, Laois Adult Respite Service, Abbeyleix, Co. Laois

 **MUIRÍOSA**
FOUNDATION

Become a Volunteer...

And make a difference!

*As little as one hour a week of your time
can make a difference in a person's life*



'John & Lucy', - two people sharing ordinary places'

by Collinstown Day Service Art group, Co Westmeath

Muiríosa Foundation is a voluntary, non-statutory organisation supporting children and adults, both male and female with Intellectual Disability.

The aim of the organisation is in valuing people's lives and helping them build meaningful lifestyles.

The following range of services are provided:

- **Pre-schools**
- **Residential Services**
- **Community Residential Services**
- **Semi-independent/Independent Living Options**
- **Day Services**
- **Community Day Services**
- **Outreach Services**
- **Respite Services for Children and Adults**
- **Services for the Elderly**
- **Person Centred Wing (PCW)**

These services are provided in counties
**Longford, Westmeath, Meath, Laois,
Offaly & Kildare**

'Be a Volunteer, Make a Difference'!

Activities that volunteers could be involved in include but are not limited to the following:

- **Befriending Programme:**
a one-to-one friendship & social programme
- **Accompanying people to social and leisure activities, e.g. concerts & plays, cinema, sports events, going for a meal or having coffee together**
- **Special Olympics, Photography, Creative Writing, Art, Crafts, Flower Arranging, Drama, Choir/Music, Computers, Helping with Reading and Writing, Gardening & Horticulture, Reading and Reminiscence, Cooking & Baking.**



'Cliffs Edge'

by Sarah, Co. Kildare

How to become a **VOLUNTEER** - and make a difference

Volunteers are people like you. It doesn't matter what age you are, male or female, there is something you can do. Some of our volunteers choose to volunteer a few times a year, others give a regular commitment of a few hours a week and some even volunteer on a more full-time basis. As little as one hour a week of your time can **make a difference** in a person's life.

Experience is not necessary. A warm, friendly personality is what we are looking for in the first place.

Please contact us to organise a visit to have a look around, or just for a chat about the volunteer programme.

Some of the benefits of volunteering?

- Gaining a better understanding of a people with intellectual disability
- Gaining a variety of valuable experiences in both group and individual work
- Meet new people and make new friends
- Make use of your special interests and talents

In return we can offer:

- Support to carry out your role as a volunteer
- Opportunities for personal growth and development
- Opportunities to learn new skills by being part of a team