



Don't forget to register your event at www.volunteer.ie



Skills Sharing

Everybody has a skill or a talent that they can put to good use – you might not even realise it. Your skill might be something you use in your job, a hobby or a hidden talent! The National Day of Volunteering is a good opportunity for you to share your talents or even test them out!

Here are a few examples from previous years to inspire you:

- At the Clarion Hotel in County Sligo, eight holistic therapists volunteered their time to give free massage and reflexology sessions to the elderly citizens participating in Positive Aging Week. Participants, many of whom had never had a professional massage, expressed amazement at the effects and continued interest in both massage and reflexology.
- Clare Volunteer Centre, in association with Age Action, organised telephone booths in shopping centres. Volunteers manned the booths and helped older people learn to text and to register their ICE (in case of emergency) numbers in their phones.
- Older people in County Meath held knitting clubs in their local primary schools to teach the younger generation how to knit.
- A group of international students and volunteers in Dublin held a language exchange session to share each other's language skills.
- Volunteers helped launch a creative writing project for children in inner-city Dublin. The volunteers enjoyed themselves so much that they got involved with the project on a long-term basis, and now offer cooking classes and help with homework!

CASE STUDY:

Computer classes

INITIATED BY:

Wyeth Pharmaceuticals with the help of their local Volunteer Centre.

WHERE DID IT TAKE PLACE:

Centre for adults with intellectual disabilities

WHAT TOOK PLACE:

A local community project for adults with intellectual disabilities received a donation of a number of computers. Staff from Wyeth went to help the new owners learn how to use the Internet and pass on basic computer skills.

OUTCOMES:

The volunteers made great friends and some continued to get involved with the organisation on a long-term basis! They learned how to check the G.A.A. and other sporting results and listen to Joe Duffy online!



The National Day of Volunteering brought to you by:

