

# GET INVOLVED

Roles may include;

## **Befriender**

Enjoy social events, accompany someone to a football match, library, knitting circle or just meet for a coffee and chat

## **Community Connector**

Support someone to become a member of a club - gym, golf, tennis, men's shed, residence association

## **Mentoring**

Support someone with practical skills - travel on the bus/train, get a job, everyday skills

## **Tech support**

Support someone to enhance their digital skills

## **Music**

Host a music session or class  
Support someone to learn an instrument

## **Hobbies**

Support someone with their hobbies including fitness, photography, music, writing

tell us your ideas ....



# MAKE A DIFFERENCE

SMH promotes a culture of volunteerism throughout the organisation.

An HOUR of your time can make a real difference.

Support someone to lead a full and active life that reflects personal choice.

Make that call or send that email today!

## CONTACT US

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## VOLUNTEER

**STEP FORWARD**  
**MAKE A DIFFERENCE**



www.smh.ie  
CHY5692



# VOLUNTEER

**STEP FORWARD**  
**MAKE A DIFFERENCE**

St Michael's House  
Volunteer Programme



## ABOUT SMH

We are one of Ireland's leading organisations providing services to over 2,000 adults and children with a disability in 170 locations in the greater Dublin area.

SMH is

- Values-led
- Innovative from the beginning and continue to be
- Transformative in our approach
- Rights-based

# STEP FORWARD

## Join our volunteer programme

SMH promotes a culture of volunteerism throughout the organisation. Our aim is to create a *robust* volunteer network to support individuals reach their goals. In achieving this we welcome the skills and diversity that volunteers from many different backgrounds bring to the lives of people we support.

The **Step Forward Volunteer Programme** is for YOU if you want to;



Develop meaningful relationships



Contribute to your Community



Use YOUR skills & interests



Work together to achieve goals



Have a supportive & positive volunteer experience



Meet new people

## FAQ

### Is there an application process?

Yes, you will need to complete an application form, Garda vetting form & supply the names of two referees to volunteer in adult services and three for children's services.

### If offered a role, how will I be supported?

You will receive a role description & will be allocated a mentor who will support you in your role.

### Where will I be placed?

With over 170 locations we will endeavour to place you in your chosen area.

### Will I receive training?

Yes, all volunteers must participate in an Induction, Children's First and Safeguarding training.

### How many hours do I have to volunteer?

We will work with you and the person you are going to support to organise hours that mutually benefit you both.

