



**Mayo Volunteer Centre  
Annual Report 2017**

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## 1. Introduction

This report highlights the achievements of Mayo Volunteer Centre 2017. We offer support and guidance to individuals and Volunteer Involving Organisations (VIOs) to reach their individual and collective goals while making a significant contribution to their local community and society.



## Our Services

### Volunteers

Help and advice about how to get started in volunteering - face to face, online, or over the phone.

Providing an up-to-date database of volunteering opportunities so that the volunteer can choose the opportunity that best suits them.

Delivering workshops and information sessions about the benefits of volunteering and how to get involved.

On-going support for the volunteer through regular contact.

Assistance in setting up group volunteering projects.

### Voluntary Organisations

We offer a free volunteer placement and referral service.

Guidance and support in designing volunteer roles.

Advertising Volunteer Opportunities on our website, at our outreach events and via our monthly newsletter.

Delivering Volunteer Management Training and other supports to improve volunteer programmes in voluntary groups.

Guidance and support developing new projects involving volunteers.

Garda Vetting Service.

Charities Regulator Registration Hub

## 2. Our Activities

### 2.1 With Volunteers and VIOs



We supported

**615**

Volunteers

at

**196**

Face-to-face  
meetings

Who contributed

**14,125**

Hours of voluntary  
work, approx

+

**440**

- Support and advice engagements with groups

**765**

- Garda Vetting forms processed for local voluntary groups

**76**

- Charities Regulation Hub contacts

Delivered Training on topics such as Volunteer Leadership, Management Training and Garda Vetting to a broad range of voluntary groups:

**153** attendees

North Mayo Promotions Office  
Jackie Clarke Collection, Ballina  
Westport Community Youth Initiative  
Cairde Club  
Manna Charity Shop  
Mayo Cancer Support Association  
Castlebar Rugby Club  
Mayo SPCA  
Community Action on Dementia  
Arthritis Ireland Mayo Branch  
Castlebar Voluntary Social Services  
Brickens Meals on Wheels

Mayo Sports Partnership  
Westport Community and Family Resource Centre  
Pink Link Mountain Challenge  
Cycle for Epilepsy  
Ballina Tourist Office  
ISPCC - Mayo  
Mayo Roscommon Hospice  
Western Care  
Parkinsons Association - Mayo Branch  
A range of Senior Alert Schemes  
.. and many more ...

*"Very professional, educational and informative."*

*"The content, delivery and practical examples were extremely helpful"*

**100%**

Satisfaction response  
(Volunteer  
Management Training)

*"Thank you for an excellent, knowledgeable day"*

*"Loved the course content – really informative and easy to follow".*

**And we participated in the following interagency activities:**



**Mayo Public Participation Network**

Delivered two information sessions at plenary meetings on the topics of Garda Vetting and Charities Regulation



**Bartra Island Community Boat Trip**

Helped organise a community outing to Bartra Island near Ballina - bringing together local boat owners, a corporate volunteer team (Ballina Beverages), adults with intellectual disabilities (Western Care), and a variety of local businesses



**Eden Project**

Participated in a community initiative in North Mayo that resulted in the area being shortlisted for an Eden Award - best tangible cultural destination in Europe. Participated in showcase events and Irish TV video.



**GMIT Volunteering Information Showcase**

Organised a Volunteering Expo-type event in Galway Mayo Institute of Technology, Castlebar Campus on 6th October 2017 - showcasing 15 voluntary groups and informing students about volunteering opportunities.



**I-VOL and Regional Support to other Volunteer Centres**

Mayo Volunteer Centre's Manager voluntarily provides regional support to other Volunteer Centres who require assistance in using I-VOL, the national volunteering database.

Mayo is also the region's representative on the Joint Volunteer Ireland/Volunteer Centre Executive Group - working to promote strategic effectiveness of Volunteer Centres and Services.

## 2.2 On Social Issues

Mayo Volunteer Centre recognises that there is a range of social issues which can be partially addressed by our work in conjunction with other state and non-state agencies. We that in mind we engaged and worked with a range of organisations in areas we saw as priorities in 2017.

# Mental Health

Mayo Recovery College - once a year we co-deliver a peer-recovery workshop to people overcoming mental ill-health.

Advertise volunteering opportunities for local groups working in the area of mental health such as - Ballina Recovery Centre, Mayo Mental Health Association

Work in partnership with social workers and support workers assisting people with mental ill-health such as Mayo Centre for Independent Living, Employability Mayo, HSE, etc.

Set up an intergenerational volunteering project with Dementia Mayo and a transition year group in Foxford - informing young people about dementia and facilitating them to work on a group reminiscence project.

Providing our garda vetting service to mental health organisations to assist them to protect the welfare of their clients.

## Social Inclusion

Member of the Mayo Age Friendly County Steering Committee.

Committee member of the Leader Social Inclusion Grant Evaluation Committee (as PPN Representative)

Participated in Mayo Social Inclusion Week

## Unemployment

Worked in partnership with Mayo Jobs Club to deliver volunteering workshop at every local Jobs Club meeting in 15 different locations in Co Mayo

Hosted outreach information stands at three Intreo offices in Co Mayo on a number of occasions

Developed a social media video featuring various local employers outlining the benefits of volunteering when job-seeking

Participated in GMIT Graduate Fair 2017 - helping college leavers gain valuable work experience through volunteering

Provided a 10 week paid internship position to a job-seeker - offering a valuable opportunity to build skills, contacts, experience and references.

# Inward Migration

Member of the Steering Committee of Mayo Intercultural Action and Diversity Mayo.

Assisted with the instigation of an intercultural volunteering project with the FAI and Castlebar Celtic Soccer Club

Hosted outreach information stands to residents in the Direct Provision Centre based in Ballyhaunis.

Assisted South West Mayo Development company set up and run a Volunteer Befriending programme to support the Syrian Refugee Resettlement programme across 4 towns in Co Mayo

## 3.1 Our Impact on voluntary groups

According to our 2017 Feedback Survey, our work has a significant impact on local voluntary groups, and it is very important that they have the support we offer.

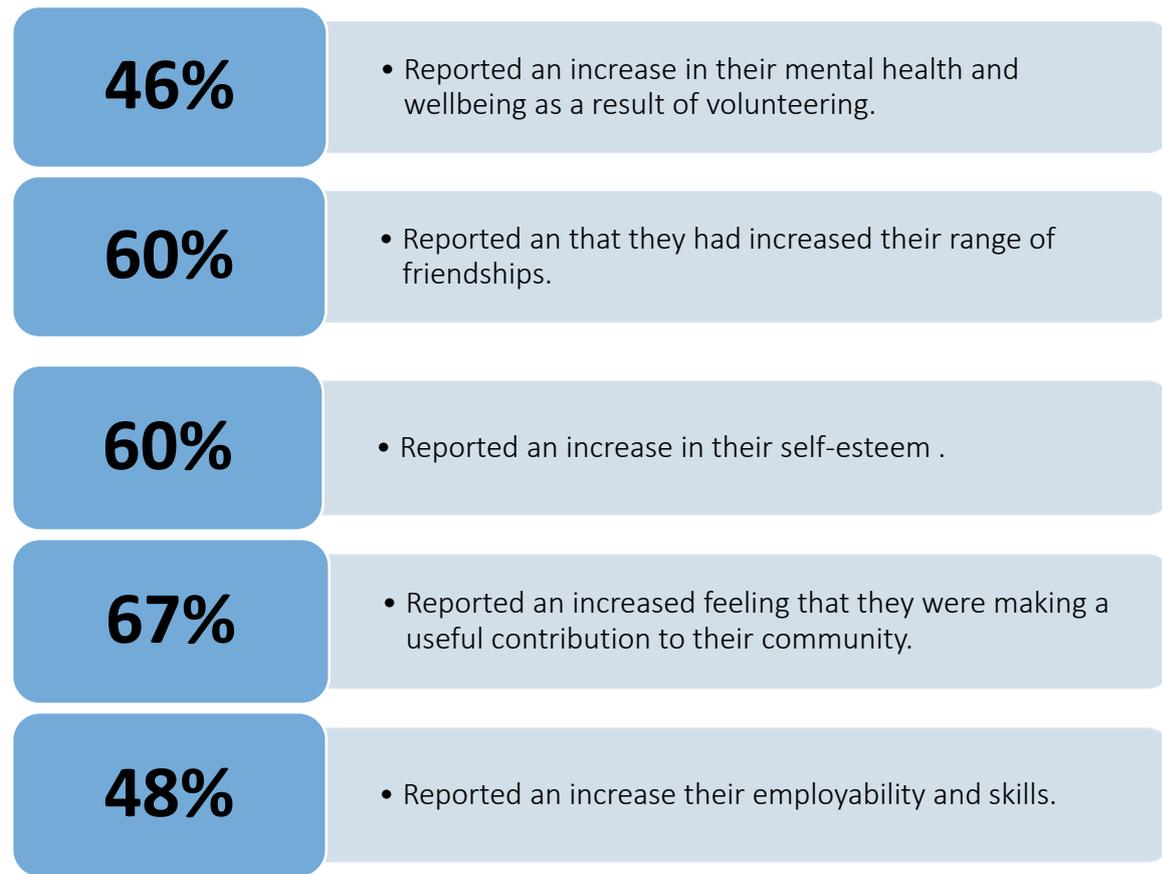
98%

- Of voluntary groups stated that it is very important to have a Volunteer Centre service in their community .

95%

- Of voluntary groups stated that it is very important to have the support of the VC for them directly.

### 3.2 Our impact on Volunteers.



Source: Volunteer Survey

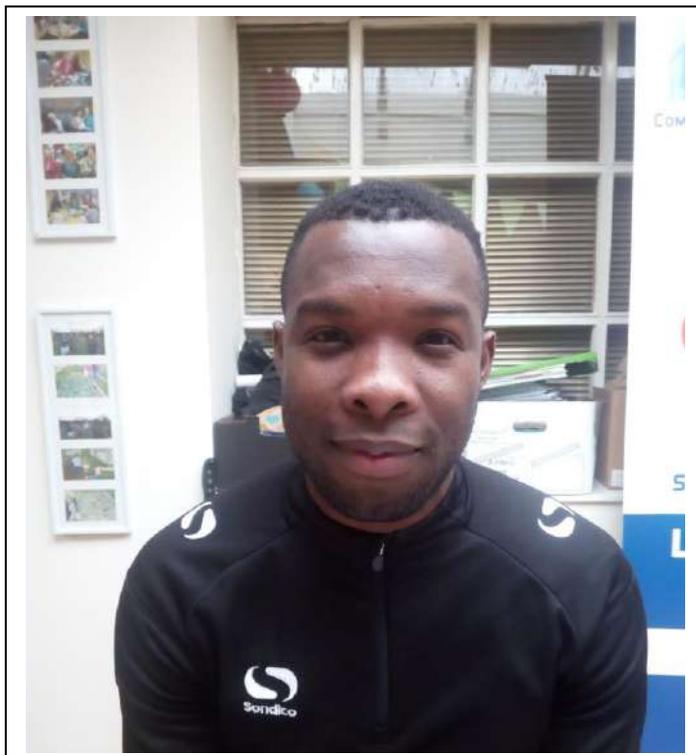
### 3.3 Volunteer Stories

**66%** of Volunteers reported increased confidence in their own abilities following volunteering **and 66%** reported a sense an increased sense of belonging in their community.

## Cyril

Cyril is a Tonoglese national, a former professional soccer player and student who moved to Castlebar in 2016. He described himself as a little bit shy but always had an interest in volunteering in his home country.

Following his registration with Mayo Volunteer Centre, he now works as a volunteer in Western Alzheimers once or twice a week. He says he has learned new skills there, but more importantly feels more confident and is better able to mix with people since starting to volunteer.



**46%** Reported an increased wellbeing because of volunteering..

## Nellie

After Nellie became a widow, she said she felt like she needed something to get her out of the house. She saw an advert that Mayo Volunteer Centre would be coming to do an outreach event in Westport and went along.

This resulted in her becoming involved in a homework club in Westport Community & Family Resource centre.

She says it has given her "a bit of a lift". She finds working with children great fun, and that their energy gives her energy.





