

## Whats it all about?

The aim of Cork Volunteer Week is to recognise, reward and recruit volunteers. Volunteer Week is for all organisations large or small, voluntary, public or private. It provides an opportunity to thank individuals for volunteering and encourages others to volunteer. Throughout the week we hope to highlight the skills acquired by volunteers and the skills volunteers share with others. Volunteer Week celebrates the value of volunteers to the entire community and the nation.

## What is Volunteering?

Volunteering is defined as the commitment of time and energy, for the benefit of the community, the environment, individuals outside ones immediate family or society. It is undertaken freely and by choice, without concern or financial gain.

Anyone can volunteer. It does not matter whether they are young or old, male or female, there are volunteering opportunities available for you. Volunteering covers many varied and different activities from visiting a sick neighbour, getting involved in your local sports club, local community development organisation, supporting someone to read and write or organising a local campaign, the list is endless.

## Who can take part?

Everyone! We encourage organisations to organise events to promote and highlight the benefits of volunteering. Organise a celebration, have an open day, arrange an award ceremony for volunteers in your area, organise a training workshop to support volunteers, arrange a coffee morning for volunteers-put on your thinking caps to come up with ways to thank volunteers and highlight diversity in volunteering.

People are interested in different activities, so it is important that the diverse range of volunteering roles are highlighted. Whether you wish to volunteer a couple of days or evenings a week, each day or once a year-your contribution is important!

## A number of events are taking place throughout Cork City to celebrate Cork Volunteer Week. Wednesday 8th November 2006

**Cork Volunteer week will kick start with 'A Snapshot of Volunteering.'** This photographic exhibition will run during Cork Volunteer Week in the **Cork Volunteer Centre, 2a Coburg St, Cork**. This exhibition will capture the diverse range of volunteering in Cork City and will be launched on Wednesday 8th November 2006 at 7:00p.m. in the Cork Volunteer Centre. (All Welcome)

**A meeting of Volunteering Centres Ireland (VCI) will take place on Wednesday 8th November 2006 in the Cork Volunteer Centre, 2a Coburg St from 10:00a.m.-6:00p.m.** VCI is the national organisation with responsibility for developing volunteering in Ireland nationally and locally. It is a membership organisation that was established by Volunteer Centres throughout the country to co-operate and network on any issue related to Volunteer Centres and volunteering in Ireland. (Members only)

To celebrate and show their appreciation for volunteers in **O'Connell Court** and **Cork Alzheimer Foundation**, both groups are inviting their volunteers for **tea at Cork Alzheimer Foundation at 6:30p.m. on Wednesday 8th November 2006.**

## Thursday 9th November 2006

**The Official Opening of Cork Volunteer Week** will be held on the Thursday 9th November 2006 at 5:00pm in the Millennium Hall, City Hall, Cork followed by the **launch of the 'Cork Volunteer Map'**. This Map was prepared by Cork Volunteer Centre. For more information on the Cork Volunteer Map contact The Cork Volunteer Centre at 021-4559296.

**S.H.A.R.E. Day Care Centre is hosting a Bring and Buy on Thursday 9th November 2006** from 1:30p.m.-3:30p.m. All sorts of everything will be on sale! For more information contact Elaine at 021-4222620

**Barnardos Charity Shop - Barnardos will be celebrating Cork Volunteer week with an Afternoon Tea on Thursday 9th November** at their shop at 99 North Main St. The aim of this event is to thank their volunteers for their hard work.

## Friday 10th November 2006

**Douglas ICA Choir** will be in concert on **Friday 10th November 2006**. The concert will take place in the ICA Hall, Douglas. (Tickets €5) For more information contact Eileen Cunnane at 021-4361402

## Saturday 11th November 2006

The two main **Community Organisations in Ballyphehane- The Community Association and Ballyphehane/Togher CDP** believe it is important to celebrate and acknowledge the tremendous work undertaken by Volunteers in their Community. Together they are organising a **Volunteer Celebration on Saturday 11th November 2006** for members of the Voluntary & Community Groups in Ballyphehane. This will consist of a dinner to be held in Ballyphehane Community Centre, and an Awards Ceremony where one volunteer from each group will receive an award on behalf of the work of their group. The event will close with a Dance. Ballyphehane Credit Union and Cork City Partnership Ltd are supporting the event. For more information contact Stobhan at 021-4319085

**The Football Association of Ireland (FAI)** will hold the first volunteer management **workshop for soccer clubs on Saturday 11th November from 9:30a.m.-3:00p.m. in Carrigaline Soccer Club**. Information will be shared on how best to encourage volunteering and support volunteers. A refundable deposit of €50 is required from workshop participants. For more info contact: Liam McGroarty, National Co-ordinator for Volunteer Education, FAI at 01-7037532 or 087-1323251

## Other Major Events taking place during the week:

**Cork Volunteer Fair** will take place on **Thursday 9th November 2006 from 5.00pm - 9.00pm and Friday 10th November 2006 from 10:00am - 3:00pm** in the Millennium Hall, City Hall, Cork. Over 40 Community and Voluntary Groups will provide information about their group and the volunteering opportunities available. Those interested in volunteering will be fascinated to discover the vast and diverse range of organisations seeking volunteers to support their project. (All Welcome)

**Cork Greenmap Information Gathering & Social Event.** An information gathering and social event will be held in the **Caz, 61 Barrack Street on Sunday 5th November, from 2pm**, to publicise the launch of the online Greenmap for Cork City ([www.corkgreenmap.org/map](http://www.corkgreenmap.org/map)) and to invite participation from the public in the creation of a map which reflects both the knowledge and the needs of the community in relation to sustainable living.

The group is inviting the public to join them at the CAZ on this date to share information on sites such as farmers markets, green businesses, renewable resources, interesting walks/cycle trails in the City, other environmental/social/grass roots organisations, and much more. Information about the site categories and associated icons are available on the Cork Greenmap website: [www.corkgreenmap.org](http://www.corkgreenmap.org) and suggested sites may also be submitted via online or by email to [info@corkgreenmap.org](mailto:info@corkgreenmap.org). (All welcome)

**The Traveller Visibility Group Ltd.**, 11 Lower John St will present each of their volunteers with a certificate to acknowledge their valuable contribution of time, energy, skills and commitment to the project.

## Barnardos Cork goes Glam for Volunteer Week.

Barnardos are Ireland's leading children's charity, providing a wide range of national and local services for children and families. To celebrate Cork Volunteer Week, the Barnardos Charity shop, 99 North Main St will be running a **"Glam Event" during Cork Volunteer Week**. The best of evening wear and accessories will be available at knock down prices. Call in during the week and find out how to become a volunteer with Barnardos Charity shop and grab yourself a bargain at the same time.

**Barnardos "Helping Hands" Young Volunteer Awards.** (Supported By Softech) Barnardos, Ireland's leading children's charity, is calling on all young volunteers in Cork to check out the "Helping Hands Awards" - a competition for anyone under the age of 25 who wish to give something back to their community through volunteering. For more information on how to enter the competition check out [www.barnardos.ie/helpinghands](http://www.barnardos.ie/helpinghands) The closing date for nominations is the 24th November 2006.

**The Carers Association** provides support for Family Carers who look after family members mostly on a voluntary basis in their own home. The association hopes to raise awareness of the work and contribution that Family Carers make to Irish society by holding an award ceremony during volunteer week. A number of Family Carers will be presented with certificates for successfully completing courses such as The Care in the Home training course and first aid course. The Carers Association in conjunction with Cork City Partnership Ltd and the HSE-Southern Area also hope to launch a new information leaflet for Family Carers. This leaflet has been developed by a group of Family Carers

**For more info contact:**  
Cork Volunteer Week Event Co-ordinator  
c/o Cork Volunteer Centre,  
2a Coburg St, Cork.  
Tel: 087-7816485  
Email: [corkvolunteerweek@eircom.net](mailto:corkvolunteerweek@eircom.net)

## 'Challenges facing Contemporary Community Development' is the theme for Cork Community Training 2006.

Organised by Cork City Partnership Ltd, this three day training event will take place at St. Dominic's Retreat Centre, Ennismore, Montenotte, Cork on the 9th, 10th and 11th November. The training is for individuals involved in the voluntary and community sector in Cork City. A questions and answers session will take place on Thursday 9th November from 10:00a.m.-12:30p.m. The keynote address at this session will be given by Ms. Anna Lee, Tallaght Partnership. For more information contact: Cork City Partnership Ltd at 021 4302310

## 'Challenges facing Contemporary Community Development'

Thursday 9th November 2006	Friday 10th November 2006	Saturday 11th November 2006
Afternoon 1.30p.m - 4.15p.m.	Full Day 10.00a.m. - 4.15p.m.	10.00a.m. - 3.30p.m.
"Supporting & Maintaining Volunteers"	"Disability"	"Communicating with Children" Lucy Connolly - IPPA & Marte Meo
Bernadette Twomey, Development worker Cork Volunteer Centre & Mary Rose McCarthy, Volunteer Co-ordinator St. Patricks Hospital / Marymount Hospice	Eithne Fitzgerald - Head of Policy and Public Affairs, NDA & James McClean - National Chairperson PWDI	Full Day 10.00a.m. - 4.15p.m.
Afternoon 1.30p.m. - 4.15p.m.	Full Day 10.00a.m. - 4.15p.m.	"Interculturalism" Jennifer Wallace - NCCRI
"Governance" Carmichael Centre	"Alcohol, drugs, what we face in our communities"	Full Day 10.00a.m. - 4.15p.m.
Afternoon 1.30p.m. - 4.15p.m.	Full Day 10.00a.m. - 4.15p.m.	"Working Creatively with Groups" Catherine Morley Clarity: Research, Training & Development Ltd.
"Funding" Nollaig McGuinness - Galway City Partnership	Full Day 10.00a.m. - 4.15p.m.	"Community Development Approaches" Paul Doherty, Social & Health Education Project



Cork Volunteer Week Press Launch