

How Can I Volunteer?

1. For People who Wish to Volunteer

Are you well enough to volunteer?

The main priority is your safety and limiting the spread of the coronavirus. You are encouraged to continue to adhere to the latest HSE instructions on how best to avoid COVID-19. If you are feeling unwell or in one of the **at-risk categories** please prioritise your own wellbeing and do not put yourself forward to volunteer.

I want to volunteer but I don't want to put myself or anyone else at risk.

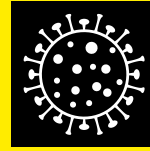
If you are volunteering with an organisation, make sure that they have proper procedures and safeguards in place to protect you in your role, including a named supervisor you can go to. Don't be afraid to ask about this upfront and before taking on any role.

If you are well enough to volunteer

If you are well enough to volunteer, there are two main ways in which you can do so:

- Contact your local Volunteer Centre or register on the national volunteering database – I-VOL - which is funded by the Department of Rural and Community Development. Full contact details for all Volunteer Centres in Ireland are available on www.volunteer.ie.
- By volunteering informally in your own community – for example by helping those in an at-risk category with their shopping or by collecting their prescriptions etc.

If you are volunteering more informally, at a local level, follow HSE instructions on how to avoid the spread of COVID-19. It is important not to put any vulnerable people at risk. Further information on the simple steps you can take is available on www.volunteer.ie or www.gov.ie/drcd



2. For Organisations who Wish to Recruit Volunteers

Organisations that are registered with their local Volunteer Centre can advertise volunteer roles through the Centre and also through the national database I-VOL. You should contact your local Volunteer Centre to let them know the role is in response to COVID-19 and they will prioritise promotion of this role. If the role requires Garda vetting, they will also prioritise this.

If you are not registered with your local Volunteer Centre, you can register by contacting them directly. Once registered, you can then advertise your roles on the national I-VOL database.

3. New Helpdesk to Assist Community and Voluntary Groups

The Department of Rural and Community Development has set up a dedicated email help desk, **C&VSupports@drcd.gov.ie**, for community and voluntary groups. This will provide accurate and timely information for these groups as they respond to the COVID-19 situation. It is particularly directed at community and voluntary groups operating at the smaller, local level. Full details are available at **www.gov.ie/drcd**