



volunteer centre

Ionad d'Obair Dheonach Dhún Laoghaire Ráth an Dúin

DÚN LAOGHAIRE RATHDOWN

Volunteer From Home

to support the causes you care
about and your own health and
wellbeing



Get creative

Knit or crochet!

We need your knitting skills! Help to put a smile on a child's face by making a special item to add to a Team Hope Christmas shoebox. Patterns will be provided. Like to find out more?

Contact Theresa Wood, Volunteer Coordinator Team Hope on 01 2940222 or twood@teamhope.ie



Make!

Calling on carpenters, woodwork enthusiasts and creative people. Help to brighten up someone's day in St. Joseph's Shankill - a wonderful centre dedicated solely to dementia care. You could make a planter box, a small table or an item of your choice.

To find out more call Nicola Yau, Volunteer Coordinator, St. Joseph's Shankill on 01 2823000 or email nicola.yau@sjog.ie



Write!

Write a letter or a short message to those living alone, in nursing homes or hospital. Your kind words really can make a difference. Your messages will be gathered by our team and sent to our readers.

Send your letters to:

Paperchain, Dún Laoghaire Rathdown Volunteer Centre, 11 Eblana Ave, Dún Laoghaire, Co. Dublin



Nurture Nature

Garden for Biodiversity

Imagine the difference we could make if all of our gardens, balconies and porches were biodiversity friendly? Why not try taking one action to support and encourage biodiversity in your garden or home space, joining in with other local people doing the same!



Actions you can take:

- Provide food, water or shelter for birds
- Leave an untidy corner in your garden
- Plant pollinator friendly plants
- Build a log pile for mini-beasts
- Plant a native tree
- Create a small pond
- Develop a wildlife lawn or wildflower patch
- Plant native hedgerows



Find out more

You can request a copy of the "Gardening for Biodiversity" booklet from Dún Laoghaire Rathdown County Council. This wonderful guide is full of ideas to help you. Please call 01 205 4700 and ask for your address to be passed on to Anne Murray, Biodiversity Officer.. You can also email Anne on annemurray@dlrcoco.ie.



Volunteer From Home

is a project of the Dún Laoghaire
Rathdown Volunteer Centre

Anne, volunteer

"I got involved in Super Knitter, as it is something I could do safely from home. I am aged 68 years and have some auto-immune conditions, so I would not be confident about volunteering outside my home"



Visit our website for more opportunities, including a chance to contribute to research projects: <https://volunteerdrlr.ie/volunteerfromhome/>

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