

The Sanctuary: Befriending Volunteers ^[1]

The Sanctuary befriending programme is looking for volunteers who wish extend the hand of friendship to others by carrying out regular visits to people living in the Dublin 7 area who are experiencing social exclusion and mental health difficulties. Volunteers are asked for 4 hours a month during one year.

What it involves?

Befriending volunteers visit community residences in the Dublin 7 area. Volunteers meet one evening a week for an hour and share conversations and cups of tea with residents, many of whom experience an on-going struggle with their mental health. Joining our Befriending Service is a chance to extend the hand of friendship to people living in the inner city who may feel excluded or have few social outlets.

The criteria for selection is:

- Be 21 years or over
- Be able to demonstrate a genuine interest in wanting to meet and befriend people with a mental health need
- Be willing to volunteer 4 hours a month for a minimum of one year
- Not expect to receive any payment of any kind
- Be willing to be an active participant in the support framework which the Sanctuary provides

Befriending volunteers will undergo an interview screening process, Garda Vetting, and, if accepted, will receive on-going support and supervision from the Sanctuary, including a basic introductory training in the area of mental health.

If you are interested in volunteering as a befriender please contact Johanne Farrelly for an application form at sanctuaryvolunteer@gmail.com ^[2] or phone 01 6705419

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Links

[1] <https://www.activelink.ie/content/community-exchange/volunteering/33475>

[2] <mailto:sanctuaryvolunteer@gmail.com>