



Carlow Volunteer Centre

Ionad d'Obair Dheonach Cheatharlach

Annual Report 2022



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development

Carlow Local Authorities, Athy Road, Carlow
Eircode R93E7R7
Companies Registration Number 426131
Charity Registration Number CHY17313



Carlow Volunteer Centre Team

From left:

NATASHA AKERELE

PLACEMENT OFFICER

**GARDA VETTING
LIAISON OFFICER**

HELEN ROTHWELL

MANAGER

**GARDA VETTING
LIAISON OFFICER**

SINÉAD KIRWAN

PLACEMENT OFFICER

EDUCATION SUPPORT

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Operational content

Structure and Governance: -

Carlow Volunteer Centre is a registered charity CHY17313 and Company Limited by Guarantee (CRO 426131).

The organisation is overseen by a board of 5 trustees. Carlow Volunteer Centre board members are appointed based on representing a cross section of the demographics of the county while also having the necessary skills, experience, knowledge and community contacts to assist with the delivery of the core objectives of the Volunteer Centre. The trustees have responsibility to provide oversight and support to the management, staff and volunteers of Carlow Volunteer Centre. They also ensure that the centre meets its legal obligations, that the finances are properly managed, and that the organisation operates in a transparent and fair way.

Chairperson: - Michelle o Hara

Company Secretary: - Frank Comerford

Martin Meagher

Martha Jane Duggan

Fiona Dunne

Governance standards:

Carlow Volunteer Centre strives to be a model of good practice and good governance to build trust and confidence in our services. We continue to be compliant with the Charities Regulator Governance Standards in 2022. The Board of Carlow Volunteer Centre reviews policies and procedures on a rolling basis from our Document control matrix.

Staffing:

One full time member (Manager) and two-part time staff members. Volunteers and Tus participants are utilised to enhance services periodically.

Introduction

Carlow Volunteer Centre offers 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.

This report outlines the work and highlights the achievements of Carlow Volunteer Centre (CVC) in 2022.

CVC currently works with 369 VIOs offering them a range of services. In addition, CVC works with 1,688 volunteers in Carlow, is part of a national network of volunteer centres and works closely with other organisations in the county including Carlow Public Participation Network, Carlow County Council and both local partnerships companies.

- Work closely with Carlow County Council on the Community Response Team to help identify and address community issues caused by COVID-19, such as food poverty, isolation, and the digital divide.
- Work with Carlow Co. Council on the Ukrainian crisis, providing volunteers in befriending roles and conversational language classes.
- Liaise with all registered VIOs to help them re-open and deliver their services.
- Promote training and webinars from Carlow Volunteer Centre, Sports Partnership, ETB, Public Participation Network, Volunteer Ireland, The Wheel and others.
- Organise events and webinars for National Volunteer Week.
- Continue our Transition Year Student programme and promote volunteering opportunities for students.
- Hold volunteer information sessions and have a presence in SETU Carlow.
- Continue our advertisement in the Carlow Nationalist and our Social media platform outlining new volunteering opportunities and thanking volunteers for their interest.



OUR VISION

“A vibrant Carlow society where every person feels connected to their community through active participation in voluntary activities”

OUR VALUES

Equality: We believe all people should be valued and respected

Sense of Community: Volunteering is ultimately about people helping others and feeling connected with their community.

Professionalism: An environment where honesty and integrity are paramount

OUR MISSION

To promote the value of volunteering and increase the range and quality of volunteering in Carlow,

To help individuals find meaningful opportunities to volunteer and to support not-for-profit organisations to involve volunteers in their work.

Chairpersons Report



On behalf of myself and the Board of Management of Carlow Volunteer Centre, I am delighted to present our 2022 Annual Report.

Carlow Volunteer Centre offers support and guidance to individuals and volunteer involving organisations to attain their individual goals,

while also contributing to their local community and indeed, wider society.

The year began with the centre helping organisations to reopen after long Covid restrictions, offering them support, guidance and training. In March we saw the beginning of the Ukrainian crisis. Carlow Volunteer Centre played a vital role recruiting and training over 80 volunteers to help in the Ukrainian resting centre in Ballon and organising volunteers to help with English language classes while continuing their core work supporting our organisations and volunteers.

We were delighted to be able to hold "Covid 19" Recognition Awards ceremony in An Gairdin Beo, where we unveiled two stone seats to recognise the contribution of our volunteers during covid.

We were grateful for, and we commend our staff for their dedication through the year. I would like to thank the Board of Carlow Volunteer Centre for their continued support and guidance throughout 2022. I would also like to give a special thank you to Martin Meagher for his contribution to Carlow Volunteer centre over the years. His contribution to the organisation has been invaluable and on behalf of the Board and staff of Carlow Volunteer Centre I would like to wish him all the best going forward.

Michelle O'Hara (Chairperson)

To Volunteers

We offer the following supports to Volunteers:

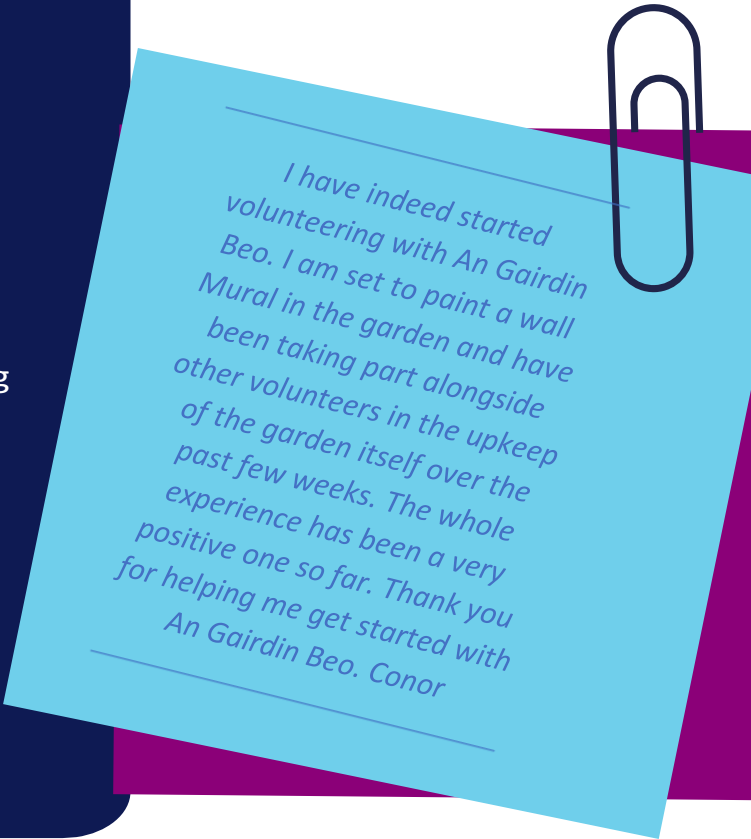
Information, support, and advice about volunteering roles across Co. Carlow

An opportunity to meet with staff to meet with staff of Carlow Volunteer Centre to discuss volunteering opportunities and the benefits of volunteering to the volunteer.

Access to the IVOL database of volunteering Opportunities available across Co. Carlow

Information on the how, why, and where of volunteering

Ongoing support and information



I have indeed started volunteering with An Gairdin Beo. I am set to paint a wall Mural in the garden and have been taking part alongside other volunteers in the upkeep of the garden itself over the past few weeks. The whole experience has been a very positive one so far. Thank you for helping me get started with An Gairdin Beo. Conor



Thank you for the training with our organisation. I have found it very informative and will now discuss the content with our management committee.

Nora Assumption parish services

To Organisations

We offer the following supports to Volunteer involving Organisations.

A free volunteer referral service

Advertise Volunteering opportunities on Our Social media platforms

Access to a pool of volunteers across Co. Carlow

Training, guidance, and support on all aspects of best practice in Volunteer management

Networking and peer learning opportunities for Volunteer managers

Garda vetting service.

Carlow Community Volunteers program to support short term events, festivals and emergence response in the County.

We are part of the many community agencies in Carlow, including older persons forum, Healthy Carlow, Carlow Social Prescribing service. We are a member of Carlow Social Inclusion forum, Carlow Sports Partnership, and part of the Ukraine response forum with Carlow Co. Council

Our Impact in 2022



350 New Volunteers registered with Carlow Volunteer centre in 2022



111 Repeat Volunteers volunteered in 2022



30,461 Hours contributed by Volunteers in 2022



134 Organisations used our services in Co. Carlow in 2022



2,767 Engagements with 461 volunteers in 2022.



1,181 Engagements with 144 Organisations in 2022



25 Staff meetings held during 2022



Education program delivered to over 350 students in 15 second level classes



197 Organisations using Garda Vetting service and 989 Vetting Applications processed.



25 organisations received Garda Vetting Training.
CVC delivered a two-day training course on the Fundamentals of Volunteering to 15 VIO's.

Events and Projects in 2022

Volunteer Covid 19 Recognition Awards

Carlow Volunteer Centre held Covid 19 Recognition Awards on 30th June in An Gairdin Beo. Two granite seats were unveiled to recognise the contribution of our volunteers during covid 19. This was funded by the DRCD.

Jennifer Kelly from the Department thanked the volunteers in Co. Carlow for their support and commitment to their community over the last two years. Guest speakers, Jennifer Murnane O Connor TD and Edel from St. Catherine's meals on wheels spoke about the challenges faced by many during the Covid lockdown and how invaluable volunteers were during this time, stating that without volunteers in Co. Carlow many vital services wouldn't have stayed open.





Knit a Bit project.

Our Knit a Bit project began from the need to help older volunteers back into the community after Covid. From conversations with people, CVC realised that many older people who were cocooning during Covid were now afraid to get out and about. We decided to have squares knitted by volunteers in their homes and then come together either in their communities or in Carlow Volunteer Centre and stitch the squares together to make blankets that were distributed to day-care centres.

In total 8,920 squares were knitted which made 223 blankets. These were given to the Sacred Heart Hospital, St. Catherine's meals on wheels, Tullow Day care, Bethany House and St. John's caring centre in Hackettstown.

CVC held a thank you event and sing along in Seven Oaks for the "knitters" which was a great success with many attendees stating that it was their first time attending an event since 2019.



Ukrainian Support.

The Dept of Rural and Community who are our main funders asked all Volunteer centres to work with their local authority in the response to the Ukrainian crisis. CVC worked with Carlow Co. Council, attending weekly meetings and in the running of the Ukrainian resting centre in Ballon.

- 83 Volunteers were recruited, screened, and trained as Volunteer befrienders for the Ukrainian residents in Ballon. Some of these volunteers went on to become Community volunteers.
- 12 volunteers were placed in conversational English roles in Failte Isteach.
- CVC held a “Threading paths” project which was an integration project every Thursday morning in Carlow volunteer centre. The purpose of this project was to give Ukrainian residents the opportunity to get away from their lodging and meet and learn English with other non-Irish residents while crafting. The group designed and decorated a Christmas tree which went on display in St. Mary’s Church for the Christmas tree festival. They are also making a wall mural called “flowers” which they hope to finish in time for Carlow Arts festival and for Volunteer week in 2023.





Volunteer Friendly Awards

Two organisations, Bagenalstown first responders and Carlow Special Olympics took part in a pilot project that is now part of National Volunteer Strategy.

Volunteer Friendly Award is a user-friendly quality standard to support, recognise and reward groups who are good at involving volunteers. Many essential services in our communities are enhanced by volunteers. The Irish Governments recognise that volunteering matters and it's all about new experiences, feeling good and making a difference. The evidence base is clear on the benefits of volunteering, in terms of: physical health benefits, social benefits, mental wellbeing and instrumental benefits.

It has never been more important for groups to be able to show how good they are at involving and managing their volunteers. We believe regardless your group/organisation size or set up you should be rewarded and recognised for the difference your volunteers make.

Both organisations stated that because of this project they have a much better understanding on how to recruit, manage and keep volunteers in their organisation.

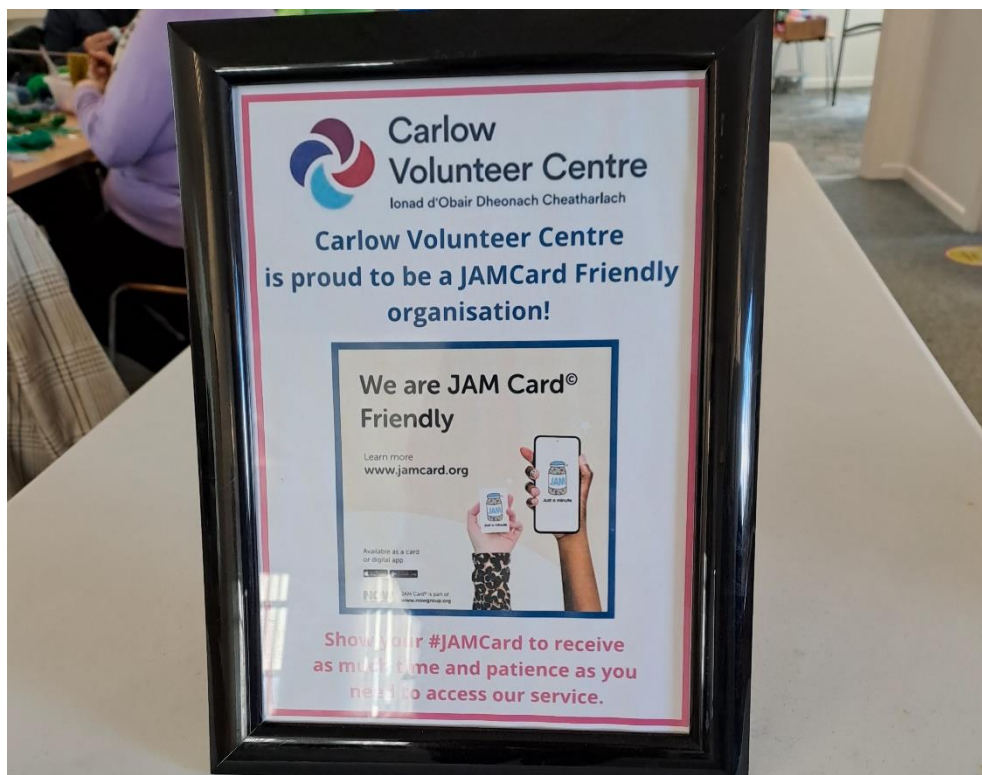


Jam Card

Staff from Carlow Volunteer Centre trained as Train the Trainer on Jam card in 2022 and now deliver this training to other Volunteer Centre's throughout Ireland.

Jam Card (Just a minute) is a card or phone app that allows people with a hidden disability or communication barrier to tell others that they need extra time and understanding in a private and easy way.

Organisations who take part in this training become "Jam Card friendly". This means that they are part of the Jam Card initiative and each person in the organisation will understand the Jam Card method and how it can improve their service and make it more inclusive to those with extra needs.



Corporate Volunteering

In 2022, UNUM Carlow were involved in three corporate volunteering projects.

1. They visited St. John's caring centre in Hacketstown where they painted the dining hall and provided all the materials for the project.
2. UNUM painted the library and the resource room in Educate Together on the Athy Road Carlow.
3. The staff in UNUM went to Bethany house where they did a brilliant makeover of the garden.
4. The staff of MSD visited IWA and rejuvenated their garden.



UNUM IN ST. JOHN'S CARING CENTRE IN HACKETSTOWN



Carlow Volunteer Centre CLG
SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS
TRADING STATEMENT
for the financial year ended 31 December 2022

	Schedule	2022 €
Income		
Department of Rural and Community Development- Core		121,000
Department of Rural and Community Development- Additional		17,813
Sundry income		10,047
Volunteer Ireland		1,925
		<u>150,785</u>
Gross surplus Percentage		<u>100.0%</u>
Overhead expenses	1	(143,862)
		6,923
Miscellaneous income	2	300
Net surplus		<u><u>7,223</u></u>