

# Have you time to spare?

We need more volunteers! Have you got some spare time to help us with any of the following?

**Computer One to One classes** – e.g. email set up, Skype, internet search, moving photos from camera or disk to computer and filing them. We hold classes on Wednesdays from 1:30 to 3:30. Can you spare two hours a week?

**Care and Repair Team** – Our team of volunteers undertakes the small jobs older people might find hard to do e.g. grass cutting, painting or even changing a light bulb.

**Good Morning Drogheda** – We need friendly and warm people to join our confidential team to provide morning calls to those who might be housebound or feel isolated.

**Faite Isteach** – We hold 'classes' on Tuesday evenings to help immigrants with learning conversational English.

**Befriending Drogheda** – We match older people with a suitable volunteer who will visit them at home on a regular basis. Our volunteer Befrienders are trained and Garda vetted to provide a confidential visit in the surroundings of a person's own home. Our volunteer befrienders will visit, for an hour a week as a friend; they are not carers or home help so can focus on making a personal connection and a friendship with people who often have no one to talk to.

If you feel that you might be able to help us in any of these areas, and have some time to spare, we'd love to hear from you or you could call down to our office and have a chat with us. **Age is not a barrier as we have volunteers of all ages.**