



Volunteer information pack

www.mirus-wales.org.uk/volunteer

 Mirus Wales  @MirusWales  miruswales



GET INVOLVED

volunteer with mirus

Thank you for your interest - we're excited to have you involved!

We love our volunteers.

Volunteers contribute in many different ways - their contribution is unique and can benefit the people who mirus support, staff, local communities as well as the volunteers themselves.

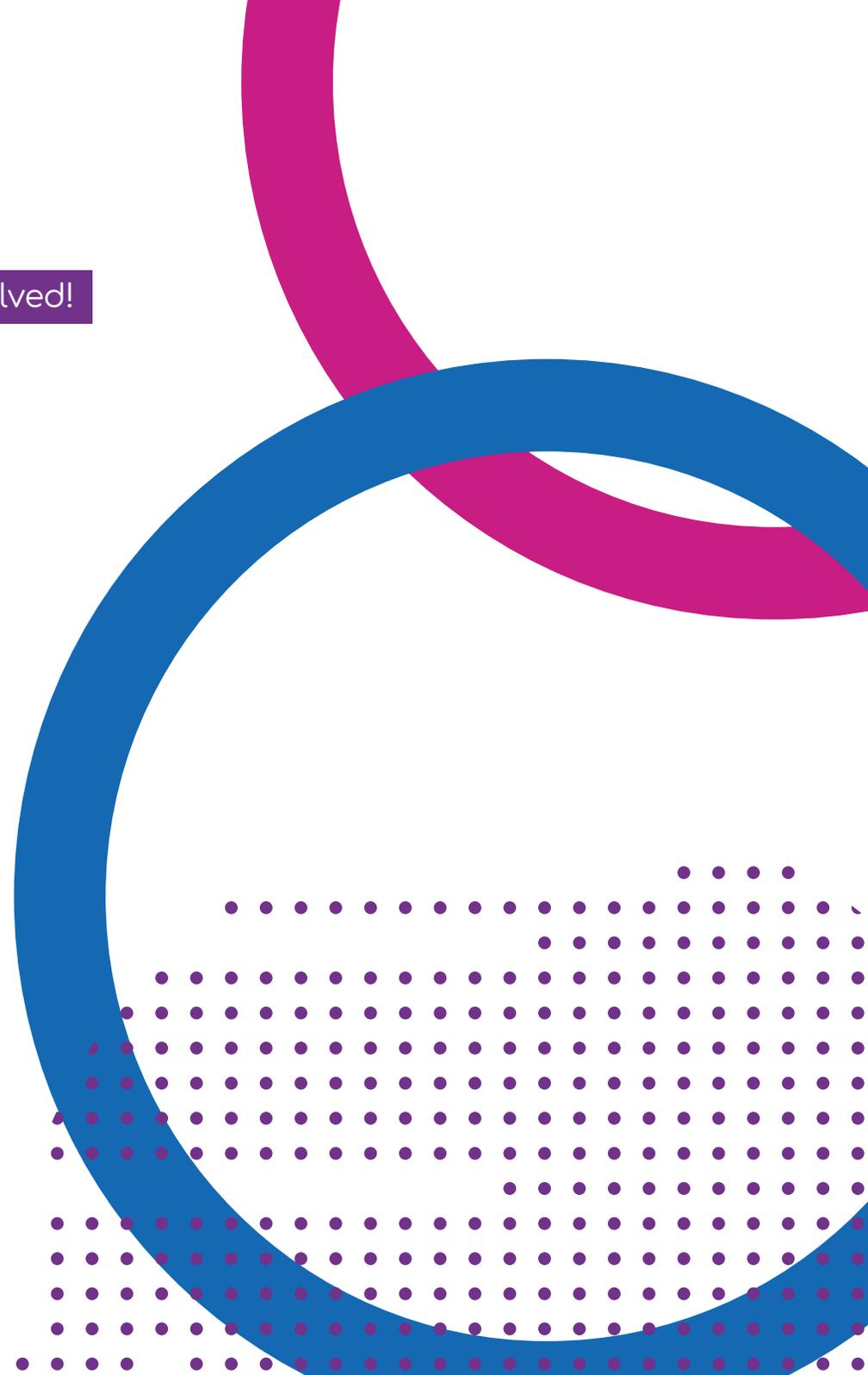
We are always looking for friendly and enthusiastic volunteers to get involved and be a friend to people who we support in the areas that we work in all over Wales.

Whether you've got a hobby that you would like to share, a particular interest, or simply love having a chat over a cup of coffee - if you have time to give, we'd love to hear from you.

You could help somebody achieve a life goal.

We value the contribution made by our volunteers, and are committed to involving volunteers in activities that they enjoy, and in ways that are supportive and encouraging.

Volunteers are unpaid, but contribute their time, energy and skills to benefit the community and others.



Becoming a volunteer

Why volunteer with us?

We are proud to run social groups in the communities that we work in. We get together in the evenings to have fun, meet new people and find out about things we can do in our community.

People choose to volunteer for a variety of reasons. It offers people the opportunity to give back to their local communities, can encourage people to get out and about and meet new people and make a big difference to the lives of others.

Volunteering also gives people the opportunity to share their skills and expertise, and practice their hobbies, as well as learning new things and gaining new knowledge.

It's also a great way to get in to work, change career or add valuable experience to your existing CV.

Sharing your skills and hobbies

Some of our favourite things to do are going to pubs, bowling, karaoke, cinema and mini-golf. The activity for each group is decided by the group themselves, so we are always looking to try new things and visit new places!

Our volunteers typically give just 2 hours per fortnight and receive fully funded training and support from our volunteer coordinator throughout their volunteering experience.

Terms

Time commitment

Volunteering with **mirus** is flexible, and you can give as much or as little time as you would like to.

Our volunteers typically give just 2 hours per fortnight and receive fully funded training and support from our volunteer coordinator throughout their volunteering experience.

Payment

mirus volunteers are unpaid and are not entitled to receive any payment out of the charity's funds, other than reasonable 'out of pocket' expenses.

Support

Volunteers will have a named person to whom they can take their concerns and seek guidance and support in respect of their volunteer role and activities.

Volunteers will have access to regular support and supervision. This will enable both the volunteer and the supervisor to identify, monitor and evaluate the volunteer's involvement, recognise achievements and identify individual learning and development opportunities and requirements.

Meet LAURA

Laura first volunteered with mirus in 2011. After leaving Cardiff to work in Australia for 2 years, when she returned she wasted no time in reapplying.

"I have volunteered with Mirus since 2011 when I was in my second year of University. I chose to volunteer as I think it's easy to get caught up in day to day life and spending 2 hours a fortnight volunteering for Mirus is only a small amount of time out of my week but it makes a big difference. Mirus is wonderful as it gives those with disabilities the chance to socialise with a friendly familiar group of people at least once a fortnight.

I enjoy volunteering for Mirus as I love the environment that they create for the people that use the service and I can see how happy it makes people when they are listened to and given the opportunities for fun.

Karaoke is definitely my favourite volunteering activity! For those with a support worker, I think it gives them the change to socialise with other adults outside of that relationship which is valuable.

Volunteering benefits me too, for example if I have had a stressful day at work, the second the group with Mirus starts it brings a smile to my face as it makes my day seeing everyone socialising and getting along.

I completed my working holiday in Australia so I had 2 years away from Mirus and the social activities groups, however I missed it so much I reapplied straight away. When I came back I was really touched to see that people remembered me and had been asking after me which is testimony to the sense of community felt through the group."



Get Involved

Our volunteers give their time and dedication to making a huge difference in the lives of the people that they support. If you'd like to get involved, email volunteer@mirus-wales.org.uk for more information and to register your interest.