

Volunteer Role Description



Title: incredABLE Me: Daily Living Skills Volunteer

What is involved?

Volunteers are required once a week (**Every Wednesday**) from **10.00 – 3.00pm** to assist with the delivery of “incredABLE Me: Independent Daily Living Skills” as part of the We are incredABLE Project. The 16-week course aims to give young people aged 18 – 28 years key Life Skills in the following areas – Cooking, Food hygiene, health and fitness, money and budgeting, cleaning and laundry, organising time and personal relationships etc the course is based at the Drumbee Old House, Drumbeebeg Road, 2 miles outside Armagh. “incredABLE me” is **facilitated** three times a year with 8 – 12 young people taking part per cycle. Each course equates to an average total of 80 volunteering hours.

Core Objective:

To support the “incredABLE me” Course facilitator in delivering the life skills programme to young people who are considering progressing to independent living environments or simply wish to help more in the family home.

Duties may include:

- Assisting Course Facilitator with room/resource set up
- Offering 1-1 support to incredABLE me participants (task dependent)
- Kitchen assistance i.e. preparing food, cooking, dishwashing or accessing community facilities
- Act as a liaison for incredABLE me participants and encourage the achievement of personal independence goals as part of course core mandate
- Ensure participants safety by following organizational procedures (i.e Risk Assessment)
- Being an” incredABLE me” Ambassador - promoting the programme in a positive and empowering manner

What is expected of you?

As an incredABLE me volunteer it is desirable that you have experience in or an interest in training provision, practical courses and/or passion for helping young people achieve goals. You will be expected to familiarise yourself with the incredABLE me course outline/practical methodologies and the vision, mission and values of incredABLE and carry out your role to the standard specified by the organisations volunteer rights and responsibilities code.

Useful Skills: Training, teaching, accreditation, programme planning, community development

What support will you get?

Induction Training: Once you have completed the application process you will receive Induction training on the work of incredABLE including opportunities for further engagement.

Volunteer training: Access to incredABLE training throughout the year (e.g. Safeguarding/Disability Awareness)

Volunteer Expenses: Out of pocket expenses (e.g. mileage, food and beverages) as pertaining to your role.

Next Steps:

- Thoroughly **read this document** ask for clarification on anything that you feel unsure about.
- Complete a **volunteer application form** - Telephone **028 38 872111** Email **info@incredible.org.uk**
- Complete your **Access NI Enhanced Check Procedure**
- Attend a **volunteer induction session/training as required**