

## What next?

Contact your local Foróige staff person below or email us at [volunteer@foroige.ie](mailto:volunteer@foroige.ie) and we'll help you get started. You can also contact us on 01 630 1560 and we can put you in touch with the right person! Foróige will discuss options with you or your group.

If you know of a Foróige club or youth centre in your area, feel free to contact them directly.

Foróige will provide full training and support to you in your volunteering role.

For more on these options, please visit [www.foroige.ie](http://www.foroige.ie).



Foróige seeks to reflect the diversity of the community it works in. All young people and adults will be welcomed and respected on the basis of who they are, regardless of background or other status and have equal opportunities to involve themselves appropriately in Foróige.

Contact:

Foróige  
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Tel: 01 630 1560  
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[www.facebook.com/foroige](http://www.facebook.com/foroige)

[www.twitter.com/foroige](http://www.twitter.com/foroige)

\* YOUNG PEOPLE LEADING  
HAPPIER, HEALTHIER  
& MORE FULFILLED LIVES

[www.foroige.ie](http://www.foroige.ie)



IRELAND'S  
YOUTH LEADING  
ORGANISATION \*



**VOLUNTEER  
OPPORTUNITIES**  
IN FORÓIGE  
FOR ACTIVE  
RETIRED PEOPLE



empowering youth  
enriching communities  
**foróige**

However they dress or sound, youngsters today face similar challenges growing into adulthood to those which you faced. Your life experience could be really important, making a big difference in the lives of a younger generation. Give yourself a new lease of life; Foróige will provide training and support. You and your friends can even join together.

### What is Foróige?

Foróige is Ireland's leading youth organisation making a real difference to tens of thousands of young people each year with thousands of adult volunteers of all ages.

We support young people from the age of 10 up to 18 and enable them to:

- › Make friends and have fun in a safe environment.
- › Learn skills such as leadership, responsibility, active citizenship.
- › Relate well with adults and contribute to the community.
- › Develop values, views and beliefs.



You can volunteer with us – or set up joint activities between an Active Retirement Group and a Foróige youth group. Here's how!

### Use your work skills and hobbies

You may have valuable skills and experience from your work life. Maybe you are good at art, drama, playing an instrument or organising events? We could also use training, first aid, facilitation, sport, organisation or teaching skills to support young people or other volunteers.

### Homework or reading groups

You could come into a youth centre one or more afternoons a week with other adults to help young people through a reading group or homework club.

SUPPORT  
YOUNG PEOPLE  
IN YOUR COMMUNITY

### A Hobby or Interest Club

These are clubs focused on one particular hobby like fishing, cooking, drama, film, dance, knitting etc. You would support the young people with their hobby, perhaps teaching them what you know or learning more from the young people themselves.

### Be a friend to one young person

The Foróige Big Brother Big Sister Programme is a mentoring programme which supports you to form a friendship with a young person who needs another adult in their lives.

### Lead a youth group with other volunteers

We operate clubs for different age groups. Each meets once a week in a local community hall, usually on a Friday evening for about one and a half hours.

### Administration/PR

Many of our offices need help with filing, copying, typing, sending out letters, welcoming new volunteers, organising rotas of volunteers, helping process applications, writing press releases, taking photographs, etc.

IF YOU WANT  
TO VOLUNTEER  
IN ANOTHER WAY,  
TALK TO US!



### Fundraising

Foróige aims to double the number of young people it reaches by 2020. Will you help us reach that goal? You could organise a fundraising event, make a donation or think about supporting our work in the future as part of a legacy gift you might make.

### Joint activities between your Active Retirement Group and Foróige

*(you do not need to apply to be a volunteer for this option)*

This is a chance for each generation to get to know each other in a community; appreciate what the other has to offer and use their particular skills to achieve together! Here are some ideas:

- › Joint **concerts** with a mix of the favourite music, songs and drama of the older and younger members of the community.
- › Joint **community events** such as a cleanup, local campaign, flower planting or charity fundraising.
- › Joint **games evenings** for both generations to share the games they enjoyed – or indeed enjoy now!



BE PART OF  
SOMETHING  
SPECIAL

