

VISITCORK

COMMUNITY ENGAGEMENT AND SOCIAL SUSTAINABILITY

Why not add a
social sustainability
element to your next
event in **Cork**?

?

LEAVING A POSITIVE IMPACT AND LEGACY FROM YOUR VISIT TO CORK



Thank you for choosing Cork for your group tour, conference, incentive or event. We guarantee you will fall in love with our beautiful region!

We want to protect our stunning landscape, built and natural heritage and our vibrant communities, so that people can continue to enjoy their visit to Cork into the future, so as part of our commitment to sustainability, Visit Cork is here to help you to make sustainable choices when visiting our beautiful City and County. There are lots of small steps you can take to ensure that you are making choices that have a positive impact on the environment and on local communities. These are outlined in our online guide: Making Your Visit To Cork More Sustainable.

For groups and events attendees, we encourage you to add a social sustainability element to your itinerary in Cork. The activities outlined in the following guide can be organised as part of a group programme or promoted to participants on an individual basis. Most activities are free, such as volunteering opportunities or community engagement, and others can be organised for a fee, such as cultural or heritage experiences.

By participating in one of these activities you can:

- **Support a local charity or social enterprise in Cork**
- **Enhance the visitor experience for your event or tour participants**
- **Generate a sense of wellbeing and social inclusion**
- **Promote greater teamwork and group collaboration**
- **Support the environment and appreciation for nature**
- **Engage in an authentic, local experience that supports employment in the local community**

If your schedule is too busy, and doesn't allow for any additional activities, then you might prefer to leave a financial donation for one of these organisations on behalf of your group.

If you have any questions, we would be delighted to talk with you today on how to ensure your event leaves a positive environmental, social and economic legacy in the region.

To get in contact email sustainability@visitcork.ie.

Thank you for choosing Cork – we look forward to welcoming you here soon!

Seamus Heaney

Seamus Heaney

Head of Visit Cork

TABLE OF CONTENTS

• Autism Assistance Dogs Ireland	4
• Breakthrough Cancer Research	5
• Cork ARC Cancer Support House	6
• Cork Mental Health Foundation	7
• Down Syndrome Cork	8
• Enable Ireland	9
• FoodCloud	10
• Graffiti Theatre	11
• Helium Arts	12
• Horizons, Cope Foundation	13
• Iris House Cork Cancer Support	14
• Irish Blood Transfusion Service	15
• Irish Guide Dogs for the Blind	16
• Irish Heart Foundation	17
• Let's Grow Together:.....	18
• Nasc	19
• Society of St Vincent de Paul	20
• Special Olympics Ireland	21
• St Luke's Charity & Home	22
• The Crann Centre Ltd	23
• Togher Family Centre CLG	24
• Trócaire	25
• Community Activities	26

AUTISM ASSISTANCE DOGS IRELAND (AADI)



Autism
Assistance
Dogs
Ireland

Autism Assistance Dogs Ireland (AADI) is a national charity that provides highly trained assistance dogs to autistic children, helping to increase their safety, independence, and quality of life. Our dogs are life-changing—reducing stress for families, supporting access to education and community life, and promoting inclusion. We are a proud member of Assistance Dogs International and are committed to best practice in training, welfare, and service delivery. AADI receives no government funding and relies on the generosity of the public and volunteers to deliver our vital work.

OPPORTUNITIES AVAILABLE:

Volunteers play a key role at AADI—from puppy fostering and fundraising to event support and awareness-raising. Whether you're looking for a regular commitment or a once-off opportunity, we'd love to hear from you.

Contact: Erin, Volunteer and Community Fundraising Lead, at Erin@aadi.ie

DETAILS:



- **Skills Required of the Volunteers:** A love of dogs, reliability, good communication, and a willingness to follow training guidelines.
- **Time Commitment:** Varies by role, can range from a few hours for events to daily care for foster roles.
- **Training for Volunteers:** Full training and ongoing support provided for all roles.
- **Garda Vetting Required for Volunteers:** No
- **Timeframe:** Both once-off and ongoing roles available
- **Locations:** Nationwide, with key hubs in Cork, Dublin, and surrounding areas
- **Types of Volunteering Available:** In-person, remote admin support, and group volunteering for events/fundraisers
- **Any Costs Involved:** No

BREAKTHROUGH CANCER RESEARCH



Breakthrough Cancer Research- Founded in 2012 by Professor Gerry O’Sullivan, we are Ireland’s leading cancer research charity, proudly headquartered in Cork with a national footprint. With cancer now affecting 1 in 2 people and claiming one life every hour in Ireland, our mission is clear: to drive research that leads to 100% survival for 100% of cancers. So far, we’ve achieved 353 novel discoveries, developed 8 new treatments, and helped over 1,000 patients. Through research, we aim to create a future of hope and survivorship for families and communities across the country.

OPPORTUNITIES AVAILABLE:

We offer a range of rewarding volunteering opportunities, including helping on our National Flag Day, supporting our Garden of Remembrance and Science through Nature project in West Cork, and assisting at a 90-day national exhibition in Dublin. Volunteers are also needed for packing Christmas cards and fundraising materials, as well as other bespoke roles throughout the year.

Contact : Dick White , Corporate and Partnership Manager dick@breakcancer.ie

DETAILS:



- **Skills Required of the Volunteers:** None required
- **Time Commitment:** 4 hours per session
- **Training for Volunteers:** Basic Introduction to the task at hand given
- **Garda Vetting Required for Volunteers:** No
- **Timeframe:** All are once off events
- **Locations:** Cork and Dublin
- **Types of Volunteering Available:** In Person and Small Groups
- **Any Costs Involved:** No

Cork ARC Cancer Support House is a safe haven for people with cancer and their families, offering emotional, psychological and practical support free of charge. With centres in Cork City and Bantry, we provide a wide range of services including counselling, complementary therapies, support groups and information sessions. Our mission is to help people live well with and beyond cancer, in a caring and supportive environment. We rely on the generosity of the public and the dedication of our volunteers to continue delivering these essential services to those in need.

OPPORTUNITIES AVAILABLE:

We're looking for enthusiastic volunteers to assist with maintenance in our therapy garden, help with bucket collections and support fundraising events. Whether you have green fingers or enjoy community engagement, we'd love your help.

Contact our fundraising team to get involved at: fundraising@corkcancersupport.ie

DETAILS:



- **Skills Required of the Volunteers:** General gardening, basic maintenance, interpersonal and fundraising skills
- **Time Commitment:** Flexible, based on availability
- **Training for Volunteers:** Provided where necessary
- **Garda Vetting Required for Volunteers:** No
- **Timeframe:** Ongoing and one-off opportunities available
- **Locations:** Cork City and Bantry
- **Types of Volunteering Available:** In-person, group volunteering
- **Any Costs Involved:** No

Cork Mental Health Foundation was established in 1962 and is the the longest established mental health organisation in Ireland. We are a voluntary organisation developed to actively support and empower people with mental health difficulties through the promotion and provision of high-quality housing, community and educational projects.

They aim to promote positive mental health, support people with mental health difficulties and create awareness and understanding of mental health

OPPORTUNITIES AVAILABLE:

Get involved with Cork Mental Health Foundation and help make a real difference. Volunteer opportunities include supporting The Next Step Charity Shop in Mallow, organising fundraisers, helping with collections, or assisting at Solace Café, a free, out-of-hours mental health support service. You can also take part in community housing projects like painting or gardening. Join us in promoting mental well-being and building a stronger, more compassionate community.

Check us out on www.corkmentalhealth.com or contact admin@corkmentalhealth.com

DETAILS:



- **Skills Required of the Volunteers:** We have a number of different areas in which you can volunteer.
- **Time Commitment:** Flexible, based on availability
- **Training for Volunteers:** Provided where necessary
- **Garda Vetting Required for Volunteers:** No
- **Timeframe:** Ongoing and one-off opportunities available
- **Locations:** Various locations throughout the city and County
- **Types of Volunteering Available:** In-person
- **Any Costs Involved:** No

DOWN SYNDROME CORK



Down Syndrome Cork is a self-funded branch of Down Syndrome Ireland. Our mission is to support our members from birth through adulthood, helping them reach their full potential and lead happy, fulfilling lives. We provide a wide range of tailored programmes across all life stages, including early intervention, playgroups, parent and sibling support, speech and language therapy (delivered by CORU-registered professionals), social activities, summer camps, youth clubs, advocacy, staff training, horticulture, adult education, and employment support. Every service is designed to empower our members and promote inclusion, development, and meaningful participation in their communities.

OPPORTUNITIES AVAILABLE:

Get involved and make a difference by volunteering with us across a variety of roles. Support our 3-acre Field of Dreams site through gardening, harvesting produce, and maintaining polytunnels, orchards, and the grounds. Share your skills in IT, database creation, marketing, fundraising, PR, event planning, or social media. You can also volunteer in our charity shop, help with educational programmes, or take part in summer initiatives, all contributing to our community-focused mission.

Contact info@downsyndromecork.ie

DETAILS:



- **Skills Required of the Volunteers:** Varies depending on volunteering activity.
- **Time Commitment:** Depending on volunteering activity. Can range from 1hr to 6hrs per week
- **Training for Volunteers:** Provided if necessary for volunteering activity
- **Garda Vetting Required for Volunteers:** In some instances is required when interacting with our members such as educational programmes or summer camps
- **Timeframe:** Varies from once-off to ongoing
- **Locations:** DS Cork Office in Innishmore Business Park, Ballincollig, Cork Field of Dreams, Clash Road, Curraheen, Cork, DS Cork Charity Shop, Merchant's Quay Shopping Centre, Cork
- **Types of Volunteering Available:** : Either individual or groups, both in-person and online for appropriate tasks
- **Any Costs Involved:** Car parking costs if driving to Charity Shop. As we are a self-funded branch and rely on fundraising and donations, we greatly appreciate contributions from corporates on our CSR Programme in the form of a donation or support with fundraising activities



Enable Ireland provides vital services to children and adults with physical, sensory, intellectual disabilities, and autism. From the Lavanagh Children's Centre in Curraheen, services include physiotherapy, occupational therapy, psychology, social work, speech and language therapy, along with a respite house and hydrotherapy pool. Adult services, residential, respite, and day supports, are delivered from six locations across Cork city and county. Enable Ireland proudly holds 'Triple Lock' status from Charities Institute Ireland, reflecting its strong commitment to transparency, ethical fundraising, and good governance across all areas of its operations.

OPPORTUNITIES AVAILABLE:

We offer a variety of volunteering opportunities to suit different interests and skills. Outdoor roles include gardening, general tidy-ups, painting car park lines, event stewarding, and on-street merchandise sales. Indoor opportunities involve painting, decorating, and event support. Off-site corporate volunteering includes clothing and Christmas gift initiatives, marathon support, and packing Christmas cards.

Contact Regional Fundraising Manager **Maria Desmond** at mdesmond@enableireland.ie or 087 7905029

DETAILS:



- **Skills Required of the Volunteers:** To be mindful that very often service users and their families are on site. Commitment and enthusiasm for the work involved.
- **Time Commitment:** In our experience, most companies give 3 to 5 hours volunteering time in one go, once per year.
- **Training for Volunteers:** On the job training if volunteering at one of our charity shops. Work might include sorting, hanging, tagging and steaming clothes. Other training provided for specialist jobs but for voluntary gardening and window washing, no training required.
- **Garda Vetting Required for Volunteers:** Will not be required for once-off corporate volunteer activities as they do not involve direct contact with/support for service users. In the event of a volunteer wishing to work at a service centre where the role may involve contact with service users, Enable Ireland is obliged to seek Garda/Police clearance in addition to references.
- **Timeframe:** Many companies volunteer on an annual basis, and we value this as it enables us to plan the work allowing us to save money. We welcome once off volunteering opportunities also.
- **Locations:** Several locations around Cork
- **Types of Volunteering Available:** On-site or off-site, in person. In general, 20 people is the maximum with groups usually having between 5 and 15 people involved.
- **Any Costs Involved:** A company participating in the volunteering programme may wish to make a donation/contribution towards the service running costs in addition to any support for any paint/materials, etc. This would be greatly appreciated by Enable Ireland and would be completely at the discretion at the company.

FoodCloud is an award-winning non-profit tackling food loss and waste in Ireland, delivering solutions that support people who are food insecure and fighting climate breakdown. By connecting those with surplus food to those who need it, FoodCloud improves lives, strengthens communities and mitigates the environmental damage caused by our food system. Volunteering is a rewarding and tangible way to reduce wasted food and strengthen ties in your community. Every time we redistribute food to a charity or voluntary organisation it allows that organisation to spend more of its resources on core services like housing, education and health. By volunteering with FoodCloud, you are supporting the work of over 700 community and voluntary organisations nationally.

OPPORTUNITIES AVAILABLE:

Group Corporate Volunteering:

Support our Warehouse team with hands-on tasks that tackle food waste and help local charities. Corporate groups can assist with picking and packing food orders, stocktaking, and sorting donations. These team days offer a rewarding way to give back.

Individual Community Volunteering:

Join our Cork Hub in Little Island and help us work towards a world with zero food waste. Volunteers can pack surplus food orders or deliver to local charities. Sign up as an individual, with friends, or as a family.

Contact : volunteer@foodcloud.ie or <https://food.cloud>

DETAILS:



- **Skills Required of the Volunteers:** All volunteers must be 18+ and comfortable with lifting up to 20kg
- **Time Commitment:** 4 hrs per date (corporate groups), or 4hrs weekly (individuals)
- **Training for Volunteers:** Full training and safety briefing is provided to all volunteers.
- **Garda Vetting Required for Volunteers:** No
- **Timeframe:** Mon-Fri, once-off dates for corporate groups or a weekly commitment for 3 months for individual volunteers
- **Locations:** FoodCloud Cork Hub, Unit 3, Nova Business Park, Little Island, Co Cork, Ireland, T45 YP40
- **Types of Volunteering Available:** In-person, group and individual volunteering
- **Any Costs Involved:** : €400 per date (corporate groups), no charge for individual volunteering

Fighting Words at Graffiti is a partnership between Fighting Words Ireland and Graffiti Theatre Cork. Located in Blackpool Cork Graffiti works to nurture curiosity and creativity in all children and young people, listening to their voices and supporting them on their creative journey, through participation in the arts. By partnering with Fighting Words Ireland, a creative writing charity founded by Roddy Doyle, Graffiti can bring free, fun and engaging creative writing workshops to young people who may not normally have this opportunity, in their writing studio in Cork city or by visiting local schools.

OPPORTUNITIES AVAILABLE:

Fighting Words at Graffiti run both primary and secondary school creative writing workshops.

There is no experience needed to volunteer. If you enjoy spending time with children and young people and you are a good listener, then you are qualified to volunteer.

Contact to find out more contact **Ann Marie** at cork@fightingwords.ie

DETAILS:



- **Skills Required of the Volunteers:** A good listener, interest in working with children and young people, positive attitude.
- **Time Commitment:** Volunteering with Fighting Words is totally flexible, there is no minimum amount of hours needed. You choose the workshops that suit you.
- **Training for Volunteers:** Online Training is provided by Fighting Words Ireland which gives volunteers information on the Fighting Words ethos, the run of the workshops and Child Protection Procedures.
- **Garda Vetting Required for Volunteers:** Yes
- **Timeframe:** Ongoing throughout the Academic Year
- **Locations:** Graffiti Theatre, Assumption Road, Blackpool, Cork T23FDT4
- **Types of Volunteering Available:** In person with opportunities for illustrators to join online
- **Any Costs Involved:** No

Helium Arts is an Irish charity that brings creativity and joy to children and young people aged 6–16 living with lifelong physical health conditions. We offer free art workshops in hospital waiting rooms, community settings, and online for those with conditions such as diabetes, epilepsy, spina bifida, heart conditions, juvenile arthritis, rare conditions, and more. Through art, participants can build confidence, make friends, and simply have fun! Our workshops are led by professional artists, supported by friendly volunteers, and include an on-site medic at every session to ensure a safe and secure environment for everyone involved.

OPPORTUNITIES AVAILABLE:

Volunteers assist professional artists in delivering workshops for children aged 8–12 and youth aged 13–16 in community settings across Cork, Limerick, Galway, Ennis, Mallow, and Dublin, and in hospital outpatient programmes. Full training and Garda Vetting are provided.

To learn more or register your interest, please email volunteer@helium.ie

DETAILS:



- **Skills Required of the Volunteers:** We're looking for volunteers who bring kindness, patience, and sensitivity to support children and young people living with lifelong physical health conditions. Strong communication and listening skills, a team-focused attitude, and the confidence to follow guidance are key. A positive, adaptable mindset is especially valuable in dynamic workshop settings. While creativity and experience with children are welcome, they're not required—basic organisational skills and a willingness to learn are all you need, as full training is provided.
- **Time Commitment:** Volunteers typically commit to 3–6 hours per workshop. Programmes vary seasonally and include a mix of Saturday workshops and midweek camps throughout the year.
- **Training for Volunteers:** Volunteers complete a two-hour live induction webinar, which includes practical scenarios to help prepare for the workshop environment. Additionally, Tusla Children First and HSE Hand Hygiene eLearning modules must also be completed. Ongoing guidance and support are provided throughout the placement.
- **Garda Vetting Required for Volunteers:** Yes
- **Timeframe:** Ongoing and flexible, with opportunities available throughout the year.
- **Locations:** Cork City, Mallow
- **Types of Volunteering Available:** In-person and online
- **Any Costs Involved:** No

HORIZONS - COPE FOUNDATION IN CORK COMMUNITIES



Horizons is one of the largest service providers for people with an intellectual disability and/or autism in the country. We have 70+ locations in Cork city and county and we have been around for almost 70 years! We were originally founded by a group of volunteers, so volunteering has always been at the heart of what we do. In late 2024, we rebranded from Cope Foundation to Horizons. The new name truly captures what we aspire to achieve for the people we support. We want every person to reach beyond their Horizons. To become full and active citizens within their local communities and to achieve their goals and dreams. To do this, we work in a person centred, rights-based approach. This cannot be done without the support of volunteers.

OPPORTUNITIES AVAILABLE:

Our volunteers play a vital role in supporting a wide range of fun and meaningful activities. Whether it's music, drama, art, dance, or singing—creative talents are always welcomed! Volunteers also assist with community outings, yoga, gym sessions, gardening, and various sports. Other roles include driving, supporting Irish-speaking groups, walking groups, coffee shop help, reading, cooking, and advocacy. Buddy roles are especially valued, with our Best Buddies Society in MTU fostering genuine friendships.

Contact: Milly Farrell, Volunteer Coordinator Hr Division **021 4643294** Mobile: **086 0412354** - farrellm@horizonscork.ie or volunteer@horizonscork.ie

DETAILS:



- **Skills Required of the Volunteers:** Varies depending on the role- full details of volunteers roles at: <https://www.horizonscork.ie/get-involved/volunteer/>
- **Time Commitment:** 4 hours per session
- **Training for Volunteers:** We do a Volunteers Induction, some online training, internal training courses and experienced staff support the volunteer fully in the role
- **Garda Vetting Required for Volunteers:** Yes
- **Timeframe:** Most of our roles require an ongoing weekly commitment
- **Locations:** All over Cork city and county
- **Types of Volunteering Available:** In-Person and groups
- **Any Costs Involved:** Costs will be covered by Horizons

IRIS HOUSE CORK CANCER SUPPORT



Iris House Cork Cancer Support is a community-based charity dedicated to supporting people affected by cancer, including patients, survivors, and their families. We offer a wide range of free services such as professional counselling, holistic therapies, support groups, information sessions and a free wig bank the only one of its kind in Ireland. Our centre provides a warm, welcoming environment where clients can find comfort, connection, and support. We are passionate about promoting wellbeing, dignity and empowerment for all who come through our doors.

OPPORTUNITIES AVAILABLE:

We are always looking for compassionate and committed volunteers to support our events, fundraising activities, Blankets of Hope, and general centre support. Whether you have a few hours a week or can help at occasional events, we'd love to hear from you.

Please contact Jessica or Emilia at: info@irishousecork.com / office@irishousecork.ie or call 021 4949090

DETAILS:



- **Skills Required of the Volunteers:** Good communication, empathy, reliability and teamwork. Specific roles may require admin, fundraising or event coordination skills.
- **Time Commitment:** Flexible – from a few hours monthly to regular weekly support.
- **Training for Volunteers:** Provided depending on role (e.g. orientation, role-specific guidance)
- **Garda Vetting Required for Volunteers:** Yes
- **Timeframe:** Ongoing
- **Locations:** Iris House, Cork City
- **Types of Volunteering Available:** In-Person / Group
- **Any Costs Involved:** No

IRISH BLOOD TRANSFUSION SERVICES



**Irish Blood
Transfusion Service**

Seirbhís Fuilastriúcháin na hÉireann

The Irish Blood Transfusion Service (IBTS) is responsible for the supply of blood and blood components to hospitals in the Republic of Ireland. The goal of the IBTS is to maintain a safe and sustainable blood supply and this can only be achieved with the generosity of our blood and platelet donors. 1 blood donation can save up to 3 lives yet only 3% of the eligible population in Ireland donate. 1 in 4 of us will require a blood transfusion at some stage of our lives and over 70,000 patients are transfused yearly.

OPPORTUNITIES AVAILABLE:

Why not consider the IBTS to be part of your CSR policy. Empower your employees to give back by allowing them the opportunity to donate blood during the work day. We can organise group bookings for your staff to donate together and we can also organise transport to and from their place of work to the clinic in St Finbarrs Hospital.

Contact: Margaret.Noonan@ibts.ie or <https://www.giveblood.ie/>

DETAILS:



- **Skills Required of the Volunteers:** No skills required. We just need healthy volunteers that meet our criteria for blood donations
- **Time Commitment:** 2 hrs every 3 months
- **Training for Volunteers:** Not required
- **Garda Vetting Required for Volunteers:** No
- **Timeframe:** Donations can be given every 3 months
- **Locations:** St. Finbarrs Hospital, Douglas Road Cork
- **Types of Volunteering Available:** In person or group donations available.
- **Any Costs Involved:** No

IRISH GUIDE DOGS



Irish Guide Dogs supports communities across Ireland by providing highly trained service dogs and essential mobility training, helping people with visual impairments, children with autism, and students gain greater independence. All services are offered free of charge, with 85% of funding coming from public donations, corporate support, and legacies. Programmes include Guide Dogs for those who are blind, Assistance Dogs for families of children with autism, Community Dogs and mobility and independent living skills training.

OPPORTUNITIES AVAILABLE:

We offer a range of life-changing volunteer roles designed to fit your lifestyle, interests, and skills. Opportunities include puppy raising, home socialising with 8-week-old pups and temporary boarding for short-term care. You can also support as a breeding dog volunteer or get involved in fundraising through one of our 40 branches nationwide. Corporate groups are welcome to assist with projects at our Training Centre as part of team-building activities.

Further details including how to apply are on our website: www.GuideDogs.ie or email Info@guidedogs.ie - 0818 506300

DETAILS:



- **Skills Required of the Volunteers:** Ideally experience with dogs for roles such as puppy raising, temporary boarding or home socialising but not necessary – a love of dogs is required! All our volunteer roles simply require a commitment to make a difference.
- **Time Commitment:** We offer flexible and rewarding volunteer roles to suit different levels of commitment. Puppy raising involves caring for a pup from 9 weeks to 14 months, while home socialising is a shorter, one-week placement. Temporary boarding varies in duration and may provide holiday cover for puppy raisers, lasting from a few weeks to six months. Fundraising is also a great option, with time commitments entirely up to the volunteer.
- **Training for Volunteers:** Dog-related roles – on-going support, training and fundraising. Also on-going Branch support.
- **Garda Vetting Required for Volunteers:** N/A
- **Timeframe:** Depends on role but many of our volunteers continue to support us year after year.
- **Locations:** Nationwide
- **Types of Volunteering Available:** In-person, remote administration support, and group volunteering for events/fundraisers.
- **Any Costs Involved:** For the dog-related roles, all costs are covered.

The Irish Heart Foundation is the national charity in Ireland dedicated to fighting heart disease and stroke. We provide vital patient support services, fund lifesaving research, and promote heart-healthy lifestyles through education and advocacy. Our mission is to prevent cardiovascular disease and support those affected, empowering people to live longer, healthier lives. We work with individuals, communities and workplaces to raise awareness and drive positive change for heart health across Ireland.

OPPORTUNITIES AVAILABLE:

We offer a range of volunteering opportunities, from sharing professional skills to supporting community events or patient services. Whether you have an hour or a few hours a month, your time can make a real difference.

To get involved, contact **Martina Greene** at 01 6685001 email ihfvolunteer@irishheart.ie or visit [//irishheart.ie/volunteer](http://irishheart.ie/volunteer)

DETAILS:



- **Skills Required of the Volunteers:** CV writing, interview skills, tech skills, arts & crafts, mindfulness, video production, wellbeing workshops, goal setting, telephone befriending, community support, Facebook group moderation, and more.
- **Time Commitment:** Short-term: 1–4 hours For Long-term: Weekly or monthly, approx. 1–3 hours
- **Training for Volunteers:** Short-term: No training required; supervision provided on the day (online or in person). Long-term: Full training is provided online via our learning management system.
- **Garda Vetting Required for Volunteers:** Short-term: No - Long-term: Yes
- **Timeframe:** Once-off and ongoing opportunities available
- **Locations:** Online and in-person. Regional groups available for long-term in-person volunteering.
- **Types of Volunteering Available:** In-person and group volunteering available
- **Any Costs Involved:** No

LET'S GROW TOGETHER! INFANT & CHILDHOOD PARTNERSHIPS CLG.



Let's Grow Together! Infant & Childhood Partnerships CLG is a registered Charity based in Cork that works to ensure all children have the best start in life. We partner with everyone important in children's lives, sharing knowledge, skills and resources, empowering families and enabling children through their relationships and in their communities to be nurtured, fulfilled, achieving and learning. We provide a range of services from pregnancy to parents and families and training, mentoring and support to all the professionals that work with children.

OPPORTUNITIES AVAILABLE:

- Gardening works: small garden area in The Meadows requires work to make it usable. Currently overgrown with weeds.
- Drop-in parent toddler group session on a weekly rolling basis. Volunteers to join co-facilitators with room setup and running of group.

Please contact **Sonya Dawes** M: 086 1767685 E: sonya@letsgrowtogether.ie

DETAILS:



- **Skills Required of the Volunteers:** Trustworthy, reliable, respectful, empathetic
- **Time Commitment:** A range of time commitments available, from 1 hour weekly to once off block of 4 hours
- **Training for Volunteers:** Training will be provided as required
- **Garda Vetting Required for Volunteers:** Yes
- **Timeframe:** Once-off and ongoing options available
- **Locations:** Let's Grow Together, Drum Building Complex, Foyle Avenue, Cork, T23 KHE0 & Let's Grow Together, 40 Meadow Crescent, The Meadows, Knocknaheeny, T23YR7F
- **Types of Volunteering Available:** In-person on site, 1:1 and group based
- **Any Costs Involved:** No

NASC, MIGRANT AND REFUGEE RIGHTS CENTRE



Nasc, Migrant and Refugee Rights Centre- Nasc, the Irish word for 'link', works with migrants and refugees to advocate and lead for change within Ireland's immigration and protection systems, to ensure fairness, access to justice and the protection of human rights. Our goal is to realise the rights of all migrants and refugees within Irish society.

Nasc is based in Cork and offers an advocacy service and has several social projects. Along with other social projects Nasc runs the Migrant Women's Programme, offering women-only, culturally sensitive spaces for building confidence, skills and community and coordinates Community Sponsorship - a nationwide initiative where local volunteers welcome and support Syrian refugee families currently displaced in Lebanon. Whether through creative workshops or hands-on resettlement support, Nasc empowers individuals and strengthens communities through meaningful, people-centred engagement.

OPPORTUNITIES AVAILABLE:

- **Migrant Women's Programme:** Support women in confidence-building, skills development and social connection through group facilitation, language practice, or creative workshops.
- **Community Sponsorship Programme:** Join or start a local group to welcome and support a refugee family over 18 months. Help with tasks like registering with a GP, school enrolments, or community integration.
- **Contact:** CommunitySponsorship@nascireland.org or 087 915 5398
Kiren Khalid: kiren@nascireland.org

DETAILS:



- **Skills Required of the Volunteers:** Interpersonal and communication skills, cultural sensitivity, teaching or creative abilities, social media and organisational skills, mentorship experience, teamwork, and an interest in supporting others in building employment-related skills.
- **Time Commitment:** Minimum 6 hours per week
- **Training for Volunteers:** Provided by Nasc staff, online and in person
- **Garda Vetting Required for Volunteers:** No
- **Timeframe:** Ongoing
- **Locations:** Cork City & County (Community Sponsorship is also available in other locations)
- **Types of Volunteering Available:** Group facilitators, General volunteer/group member, Cultural Companion, Fundraiser, mentors, Place finders.
- **Any Costs Involved:** No

The Society of St Vincent de Paul is a charitable organisation that provides direct assistance to those experiencing poverty and disadvantage in Ireland. We offer support, friendship and practical help to individuals and families in need, while also working to address the root causes of poverty and social exclusion. In Cork city, SVP is active across all local communities, offering home visitation, food and fuel support, education grants and assistance with housing.

OPPORTUNITIES AVAILABLE:

SVP is seeking volunteers to support our home visitation conferences throughout Cork City. We also welcome help in our charity shops and volunteers with skills to assist in our social housing projects.

Please contact our Membership Support officers for more information.

Ellmarie Spillane Dowd- 086-1837273 & Ellmarie.spillane@svp.ie

Annemarie O'Donovan – 086-0358438 & annemaireodonovan@svp.ie

For further information please check our website www.svp.ie/volunteer

DETAILS:



- **Skills Required of the Volunteers:** Every skill and talent is welcome; people often don't realise how much knowledge they have to impart to assist someone in the community.
- **Time Commitment:** 2 to 3 hrs per week
- **Training for Volunteers:** Online training lasts 2 hours, followed by 3 hours of in-person training. However most learning takes place in person when a new volunteer joins the conference.
- **Garda Vetting Required for Volunteers:** Yes
- **Timeframe:** Ongoing
- **Locations:** Cork City from Mayfield to Blarney and from Ballincollig to Crosshaven.
- **Types of Volunteering Available:** Joining a local conference with experienced members.
- **Any Costs Involved:** Persons cover own expenses to attend meetings etc.

SPECIAL OLYMPICS IRELAND



Special Olympics Ireland is a sports organisation for people with an intellectual disability, providing sports training and competition across 15 sports. With over 8,000 athletes supported by a network of 20,000 volunteers, our mission is to transform lives through the joy of sport, creating inclusive communities and promoting health, confidence and friendship. Through sports, we help athletes reach their potential both on and off the field.

Special Olympics is a volunteer-led organisation. We simply could not function without the support and dedication of volunteers in communities across the island of Ireland. Our volunteers are the heart and soul of what we do!

OPPORTUNITIES AVAILABLE:

We offer a range of roles including club support, event support, coaching, admin, and mentoring, as well as one-off volunteering at competitions and fundraisers. Volunteers of all skill levels are welcome.

Contact: mairead.mccarthy@specialolympics.ie

DETAILS:



- **Skills Required of the Volunteers:** None required; training provided.
- **Time Commitment:** Flexible – from one-off events to weekly roles.
- **Training for Volunteers:** Yes – can be provided when needed. Training videos available per role.
- **Garda Vetting Required for Volunteers:** Yes
- **Timeframe:** Once-off and Ongoing
- **Locations:** Cork and nationwide
- **Types of Volunteering Available:** In-Person, Group, Individual
- **Any Costs Involved:** No

St Luke's Charity & Home is the leading provider of specialist, evidence-based residential care to generations of Cork people, especially for those living with Dementia in its many various forms. It also champions the advancement of Dementia care, education and training for healthcare professionals throughout Cork and Munster.

As a voluntary organisation, our ethos is to ensure that our Residents and Daycare clients always enjoy the best quality of life, regardless of their health circumstances, and our model of care is supported through fundraising, donations, grants and philanthropy.

Thank you for considering volunteering with us, it will make a big difference to those we care for!

OPPORTUNITIES AVAILABLE:

There is always plenty to do at St Luke's Home! From gardening to painting, playing music and chatting with our Residents to fundraising and providing IT support, new volunteering friends are always welcome.

Contact fundraising@stlukeshome.ie

DETAILS:



- **Skills Required of the Volunteers:** Gardening, painting, IT training & support, Fundraising support, Activities support
- **Time Commitment:** To be agreed on an individual basis
- **Training for Volunteers:** Volunteers working directly with Residents will need to undergo training provided by St Luke's Home
- **Garda Vetting Required for Volunteers:** Yes/No - Volunteers working directly with Residents will need to be Garda vetted in advance. Garda vetting will not be required for Volunteers working in our gardens.
- **Timeframe:** To be agreed on an individual basis
- **Locations:** St Luke's Home, Castle Road, Mahon, Blackrock, Cork T12 PY50
- **Types of Volunteering Available:** Individuals & groups are all welcome on an in-person basis.
- **Any Costs Involved:** : Volunteers must provide their own transport/cover own transport costs to and from St Luke's Home.

Crann supports families living with neuro-physical disabilities through its unique 2Gen Model of Care, which places the whole family at the centre. We offer wraparound services across six key areas: psychological wellbeing, health and continence, education and career pathways, mobility, independent living, and social capital. Our multidisciplinary team delivers personalised care to children, adults, and their families, improving health, wellbeing, and opportunities for participation in everyday life. We also train carers, SNAs and nurses to extend this impact into the community. At Crann, we're creating stronger, more supported families and inclusive futures - one connection at a time.

OPPORTUNITIES AVAILABLE:

Crann offers a range of volunteer opportunities including supporting group activities, assisting with events, helping in our accessible outdoor spaces, and providing admin or fundraising support. Volunteers play a vital role in creating a welcoming, inclusive environment for families. Whether you have a few hours or more regular time, your contribution makes a meaningful difference.

Contact: Darran - Mobile: 085 833 5264 Email: dcoylegarde@cranncentre.ie

DETAILS:



- **Skills Required of the Volunteers: Various**
- **Time Commitment: All down to the individuals availability.**
- **Training for Volunteers: No**
- **Garda Vetting Required for Volunteers: When working directly with Clients**
- **Timeframe: Ongoing**
- **Locations: Crann Centre in Ovens or Conservation Area for Crann in Kanturk.**
- **Types of Volunteering Available: Summer Camps, Large scale events, Center upkeep.**
- **Any Costs Involved: No**

Togher Family Centre provides a range of life enhancing education and support services to children, adults and families through all stages of their lives. The centre is well established and has been part of the Togher community for over 50 years. The centre has grown and developed over those years to service the needs of the community. As those needs have changed, so too has the centre. We cherish our place at the heart of the community and endeavour to continue to provide the highest quality education, youth and family support services. We support all ages from toddlers to adults, fostering resilience, social inclusion and lifelong learning at the heart of our community.

OPPORTUNITIES AVAILABLE:

Togher Family Centre welcomes volunteer assistants, particularly in early years, youth programmes, community education, bus drivers to assist with trips for early years, youth and adult group trips. We also welcome volunteers to help with the maintenance of our services, which would include painting, gardening and general maintenance.

For more details contact **Jude Budden, Facilities Manager** at facilities@tfamc.ie or 085 8622891

DETAILS:



- **Skills Required of the Volunteers:** Interest in childcare, youth work, or adult education, category D1 driving licence (desirable) for minibus trips and interest in gardening and general maintenance
- **Time Commitment:** We welcome volunteer support during both the school term and summer months
- **Training for Volunteers:** On the job guidance
- **Garda Vetting Required for Volunteers:** Yes
- **Timeframe:** Ongoing
- **Locations:** : Togher Family Centre, 6 Maglin Grove, Deanrock Estate, Togher, Cork (our main centre); additional sites at Glentrasna House, Glentrasna Drive, The Glen (Pre-school and Child Contact Centre), Pre Schools at Togher Boys and Girls National School, Blossom Grove Pre School, Togher, The Pod, Shournagh Grove, Togher and Grove Cottage Child Contact Centre, Togher.
- **Types of Volunteering Available:** In person volunteering for early years education, youth work and adult education. In-person volunteering is available during the summer months and mid-term breaks to assist with maintenance works across our services.
- **Any Costs Involved:** No

Trócaire, the Irish word for ‘compassion’ is an International Non-Governmental Organisation (INGO). We work with local partners in the world’s most at-risk communities and with people in Ireland to tackle the underlying causes of poverty and injustice and respond to the crises they create. We work for a just and peaceful world and support people regardless of culture, ethnicity, gender or religion. We work for development through a model called ‘localisation’ which is not about imposing answers. It is about working together. Our programmes of work are Food and Resource Rights, Access to Justice, Women’s Empowerment, Peace Building and Humanitarian Action.

OPPORTUNITIES AVAILABLE:

Volunteering with Trócaire takes place on the island of Ireland and involves four main areas of activity: Campaigns and Activism, Parish and Community Outreach, Event Support, and School Visits. A full description of each of these roles is available [here]. If you are interested in getting involved, the first step is to complete the online Expression of Interest Form, which can be found [here].

For more information about volunteering with Trócaire in Ireland,
please email volunteering@trocaire.org or contact Janet Twomey at janet.twomey@trocaire.org
Please note that Trócaire does not send volunteers overseas or on placements.

DETAILS:



- **Skills Required of the Volunteers:** Varied skills include openness to learning about global justice issues, empathy towards communities who live with grave injustice(s), interest in being part of a group of like-minded people.
- **Time Commitment:** This depends on the volunteering role. Volunteers pledge the time and energy they can afford to give depending on personal circumstances.
- **Training for Volunteers:** Yes, full training provided including induction session and ongoing training sessions on our issues.
- **Garda Vetting Required for Volunteers:** Garda Vetting is not required. However, all volunteers are required to provide two references and are also requested to sign Trócaire’s Safeguarding Policies and Global Code of Conduct before undertaking any volunteer activity on behalf of Trócaire.
- **Timeframe:** This depends on the volunteering role. For example, supporting at local or national events is usually a one-day activity whilst campaign and activism volunteering can be ongoing, for example, the ongoing campaign for Palestine to enact the Occupied Territories Bill or our work for Climate Justice.
- **Locations:** Cork, Galway, Dublin, Belfast and Nationwide.
- **Types of Volunteering Available:** Both
- **Any Costs Involved:** No

COMMUNITY ACTIVITIES

The following activities can be organised for your group or promoted to participants on an individual basis.

Some activities are free, volunteering opportunities, and others are organised for a fee.

By participating in one of the following activities you can:

- Support a local charity or social enterprise in Cork
- Engage in an authentic, local experience that supports employment in the local community
- Enhance the visitor experience for your MICE participants
- Generate a sense of wellbeing and social inclusion
- Promote greater teamwork and group collaboration
- Support the environment and appreciation for nature

CORK UNIVERSITY HOSPITAL (CUH) ARTS DEPARTMENT

Brighten up a hospital patient's day

The Cork University Hospital (CUH) Arts Department provides access to the arts in the hospital. The aim of this is to enhance the hospital environment for the benefit of patients, staff and visitors.

CUH Arts Department is always looking for teams of volunteers to paint murals on walls, decorating the space to promote well-being for the staff and patients. Brighten up someone's day by leaving a lasting imprint on the hospital, with options for indoor and outdoor painting, as well as working in the Cork University Hospital Gardens.

Delegate numbers: Groups of 20

What it is: Getting creative with your painting skills

Who it supports: Patients, staff and visitors to Cork University Hospital

Time needed: Half Day

Contact: Edelle.Nolan@hse.ie or

Artscoord.cuh@hse.ie



SAILING INTO WELLNESS

Team building on the open sea

Sailing into Wellness is a not-for-profit social enterprise born out of a passion to utilise the unique setting of the sea to help our communities. The sailing programme is an educational and therapeutic activity designed to inspire our communities. We support our participants to overcome both physical and mental challenges in an environment that is both exhilarating and therapeutic.

Sailing into Wellness offers an innovative corporate team day out. From the time you help each other with your life-jackets to listening to our safety briefing you begin to work together as a team, in a different way, in a different environment. Sailing with us needs you to first trust our instructors and then to trust the rest of the crew who are your colleagues.

We provide a group learning environment where everyone on-board has a specific role; to sail the boat efficiently we all need to carry out our roles in tandem with our fellow crew. 100% of our profits are used to fund community sailing projects so by sailing with us you are directly funding vulnerable groups to experience a completely new environment on the open sea. We work with those affected by substance abuse and poor mental health, to help build their recovery. Sailing is proven to be a powerful tool in their development. Your contribution helps us to support our participants to overcome both physical and mental challenges in an environment that is both exhilarating and therapeutic.

Sailing Into Wellness is a 2017 Social Entrepreneurs Ireland awardee.

Delegate numbers: Groups of 13

What it is: Develop teamwork skills

Who it supports: People affected by substance abuse and mental health

Time needed: Full Day/Half Day

Contact: james@sovereignsailing.com



CLEAN-UP AND CONSERVATION GROUP CORK NATURE NETWORK

Give some time to the environment

Get your delegates involved with a clean-up and conservation group activity, run by Cork Nature Network. The aim of Cork Nature Network is to promote and encourage the conservation of wildlife and habitats in Ireland, through education and awareness-raising. During such an activity, an educational talk about the site is generally incorporated. This project is about involvement and about making a difference to the natural environment.

Delegate numbers: Unlimited

What it is: Nature activity

Who it supports: The environment

Time needed: A few hours

Contact: info@corknaturenetwork.ie



INTER-FIRM DRAGON BOAT CHALLENGE MEITHEAL MARA

Get out on the water

Meitheal Mara is an established maritime cultural and education centre in the heart of Cork city, and a registered charity. They are experts in traditional boat-building and training others in boat-building and rowing. They work with many Corkbased youth groups and use these activities to promote social and personal development in young people.

Each spring and autumn Meitheal Mara invites companies, organisations and groups to take part in their spectacular Dragon Boat Challenge. Your delegates could compete with 15 other crews to become this year's Dragon Boat Challenge Champions!

Delegate numbers: Minimum: 17 / Maximum: 272

(16 crews of 17 participants)

What it is: Hands-on activity

Who it supports: Young people to engage with maritime education and training

Time needed: Full-day

Contact: office@meithealmara.ie



FOREST BATHING WEST CORK

More than a walk in the woods!

Forest Bathing is translated verbatim from Japanese 'shinrin-yoku'. Immerse yourself in the sights, sounds & smells of the forest.

Researchers, primarily in Japan and South Korea, have established a growing body of scientific literature on the diverse health benefits. Each guide works in different woodland settings and can tailor the experience to suit the clientele knowledge & experience.

Each Forest Bathing Guide offers unique experiences according to individual expertise & knowledge. Combine our individual experience & expertise with a practical framework to offer clients beneficial walks & experiences:

Delegate numbers: Please enquire

What it is: Nature activity

Who it supports: The environment and personal wellbeing

Time needed: 2 hours

Contact: avrilallshirehowe@gmail.com or
send message to Facebook page



SANCTUARY RUNNERS

Join a local park run for solidarity!

A **non-profit**, and multi-award-winning movement, the Sanctuary Runners use running to build sustainable bridges between communities and to promote equality and inclusion.

The Sanctuary Runners organise running events where Irish residents or visitors to Ireland can run alongside, and in solidarity with, migrants, asylum seekers and refugees, thereby fostering friendship, positivity and respect while bringing greater awareness to the migration system.

There are Sanctuary Runners groups all across Ireland, with groups in Cork meeting to run in the following locations: Cork City, Clonakilty, Fermoy, Macroom, Mallow, Millstreet, Youghal. Visitors are welcome to join any of the park runs that are organised regularly around Cork, and support our movement.

Delegate numbers: Any number

What it is: Community run/walk

Who it supports: Personal wellbeing and migrant/refugee communities

Time needed: Approx. 1 hour

Contact: info@sanctuaryrunners.ie or cork@sanctuaryrunners.ie



EXPERIENCE GAELIC GAMES

Discover our UNESCO approved national sports

Experience Gaelic Games is all about having fun while immersing yourself in the very essence of Irish life and culture. Lasting three hours and based in a local GAA club, this adventure will take you to the heart of authentic Ireland.

At Experience Gaelic Games we create a perfect mix of culture and soft activity for a memorable day of action for your visit. Come with curiosity about how these games are so important to us. Leave with a newfound love and passion called Gaelic Games having experienced this unique aspect of Ireland for yourself.

The experience is brought alive by a wonderful team of passionate coaches. We will teach you the games, coach and instruct you in the skills, then have you playing mini matches, taking part in team building activities or if you prefer you can sit back and watch whilst we organise a demonstration of how it is all done! Within walking distance of all the major Irish cities, our cultural immersion experience is a must for all sustainable conscious visitors to Ireland.

Delegate numbers: Groups of 8 to 300 People

What it is: History, sports and entertainment

Who it supports: Personal wellbeing and local sporting communities

Time needed: Approx. 3 hours

Contact: info@experiencegaelicgames.com



NANO NAGLE PLACE

Support community education and inclusion in Cork

Nano Nagle Place is an unexpected oasis in the centre of bustling Cork City, a place that celebrates Nano Nagle's vision of empowerment through education, community inclusion and spiritual engagement for a contemporary world. The complex houses an award-winning museum, regenerated heritage buildings, walled gardens, a design shop & Cork focussed book shop and a wonderful café. The beautifully restored convent buildings are home to several community education projects that focus on supporting marginalised or minority communities in Cork and fostering a culture of diversity and inclusion.

Nano Nagle Place would be delighted to hear from visitors who would like to discuss potential partnership opportunities with their community groups, or organise a shared learning event with some of the local team and other stakeholders in Cork.

Delegate numbers: Any number for visits (meeting room up to 35 people / conference room up to 105 people)

What it is: Cultural, historic and community learning

Who it supports: Local community education projects

Time needed: Variable

Contact: info@nanonagleplace.ie



STEAM EDUCATION LTD.

Support a local Primary school with a STEAM-in-a-Box programme!

Our vision at **STEAM Education** is to inspire children to love STEAM subjects and to become the future generation of Scientists, Technologists, Engineers, Artists and Mathematicians. We do this by providing innovative, fun, hands-on educational programmes in these subject areas, which are delivered in primary schools (ages 9-12) using a co-teaching model, i.e., real-life STEAM experts from industry and academia work with the primary school teacher, and with specially designed tools & content to deliver the programme and inspire the kids. Our ethos is rooted in inclusive and inspirational engagement, including hands-on, fun, challenging, and participatory methodologies – developed and delivered by and with relevant content and educational experts (including the kids themselves). We support collaboration, transdisciplinarity and inclusion.

Why not gift a STEAM education box to a local Cork school, or record a video clip for our resources bank, featuring one of your expert speakers on a relevant topic that can be used in teaching children about all things STEAM!

Delegate numbers: n/a

What it is: Educational resources for young people

Who it supports: Local primary schools

Time needed: Max. 5 minute video clip / Gift-a-box scheme takes 5 minutes to book!

Contact: info@steam-ed.ie



