

Take a moment to connect



Skill-based information sheet for people we support

Volunteers supporting people with intellectual disabilities to achieve their goals

What is the one to one skill-based programme?

The skill-based programme is about developing a friendship and working together with a volunteer toward achieving a goal.

How does it work?

We'll pair you up with someone with similar interests then work out a step by step plan working toward achieving a goal. You will meet with them either weekly or fortnightly for a couple of hours to build up skills – hopefully you'll have a few laughs at the same time!



What kind of goals can volunteers support?

Goals that lead to independence or social inclusion. For example, learning to access public transport independently, joining a sports team or other fitness options, cooking, social media use, using a cell phone or camera, extra support when starting a volunteer role or even joining a singing group!

Where will this take place?

It will happen wherever is most relevant to the task. For example, if someone is learning to use public transport, then it will take place on buses.

Do the volunteers have checks and training?

IHC has a stringent intake and vetting process and each volunteer will be screened, vetted, reference checks completed and will have attended orientation. Training relevant to the person they are supporting is also completed. Part of being an IHC volunteer is keeping in contact with the volunteer coordinator, who will provide ongoing support.

For more information or to apply please contact: