

# Happy Volunteering Week!

## Thank You!

What an ideal time to say thank you to all our wonderful volunteers who have given their time so generously over the years. As Ability West looks forward to celebrating its 60th Anniversary in 2022, we remember that Ability West was built on the efforts, commitment and energy of volunteers. Our pioneering volunteers recognised the need for an organisation like ours to improve the lives of people with an intellectual disability in Galway.

Since Covid-19 enforced lockdown upon us and our social norms changed dramatically, we have struggled to get back to normal life and routines. Hopefully this is just around the corner!

During lockdown some volunteers were still able to share their skills and talents on Zoom. We had yoga sessions, fitness workouts, cookery classes, healthy living presentations, and wonderful music sessions! We even started our own radio show on Zoom called "Live at 11". Everyone had to learn how to use this platform and it is a great achievement that many in our services are now able to log in themselves. Promoting independence should always be the name of the game!

Others kept in touch by phone or virtually and your contact was greatly appreciated.

*Linda Keane, Volunteer Programme Manager*

## Looking Forward to the Future

This is also an ideal time to reflect on your volunteering commitment going forward. It is appreciated that 2020/2021 has been a difficult time with restricted movements and lack of social interaction with others. I believe that some may choose to put volunteering on hold for a while in order to enjoy freedom of movement again. Others have already been in touch about getting started as soon as possible. Some may decide to retire after years of services to others. We fully appreciate that circumstances have changed for some. The main thing is to be honest to yourself and then be honest to us! The choice is yours!

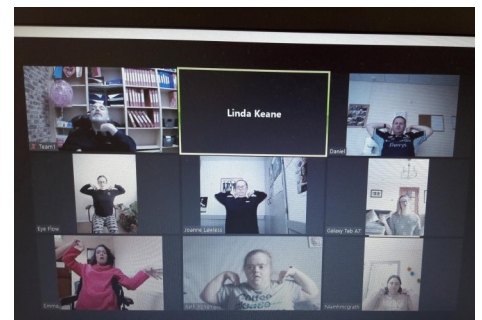
## What Happens Next?

If you decide to finish volunteering, you must inform us so that your file will be closed off.

If you wish to resume volunteering now or in the near future, we will:

- Send you an email regarding the return of volunteers to their role.
- Review/update documentation on file i.e. Garda Vetting, Photo ID.
- Ask you to complete required online training.

Click on link to update your volunteer commitment <https://forms.office.com/r/fn3suCqwpU>



Yoga on Zoom

