

# IHC Volunteering

Have fun | Feel good | Make a difference



## Want to become a volunteer with IHC?

The IHC Volunteer Programme is about friendship in the community. This is what makes being a volunteer for IHC so unique.

Spend time doing what you want to do, when you want to do it, with a person with an intellectual disability.

By taking a moment to connect with someone with an intellectual disability, you can make a positive change in their life and gain a new friend in the process.



*“If you want a more enriched life, I would highly recommend volunteering with IHC. It’s really not hard giving up a few hours a week, especially when you know it makes such a difference to a special person.”*

– Sylvia, Blenheim

## What happens next?

- Get in contact with us
- We will meet to discuss what your interests are
- Our Volunteer Coordinators will connect you with somebody who matches your interests, skills or hobbies
- You will start a friendship with someone with an intellectual disability
- Your Volunteering Coordinator will provide ongoing support

## What their friends say

*“We are both 26 – my friend is perfect. I used to be very shy but now I go out, have so much fun with her and sometimes we just hang out. We are great mates.”*

– Aleina, North Shore.

*“My friend is a sweetheart – she does art and crafts with me and the other day we went to the movies for the first time – I can’t stop smiling.”*

– Kelly, North Shore.

*“Peter has helped me in more ways than I can name. He brings out the positive in me, he genuinely cares so much for people – that is touching, and he has a beautiful, compassionate mind that I want to be more like.”*

– Sharon, Ashburton.

## 01

If you volunteer with IHC you’ll be matched with someone who enjoys doing the same stuff as you do.

It’s all about shared interests and doing what you want to do. So whether it’s exercising, going to a movie, or grabbing a bite to eat you’ll be doing things you both enjoy.

Just keep doing what you usually do and include someone with similar interests.

The relationship is one-on-one. This means that you spend time with only one person, so you both get to know each other.

- It is not time specific
- There is choice
- There is flexibility
- The emphasis is on fun

You will be provided with full orientation and receive ongoing support from one of our Volunteer Coordinators.

## 02

Many people with intellectual disabilities tell us that most people in their lives are paid staff and family. By getting involved in the IHC one-to-one programme you can make a change in a person’s life – just by being a friend.

## 03

IHC’s unique one-to-one friendship programme has expanded to include skills-based volunteering. These are shorter, focused projects based on goals the person wants to achieve.

You work one-to-one with a person with an intellectual disability to develop a specific skill or achieve a specific goal. You set the time commitment to fit the project.

## 04

We welcome applicants over the age of 17 from all walks of life to apply. People with intellectual disabilities have diverse interests and backgrounds so the more varied volunteers we have, the easier it is to match the perfect friendship

## 05

An IHC volunteer is a friend and somebody to go out and have fun with. IHC volunteers do not help with doctor’s visits, house, or office work. Having an IHC volunteer is about doing something together or learning how to do something new.

*“Ciarra and I are friends now – it really doesn’t feel like I’m volunteering.”*

– Brianna, Ashburton



## ➔ Get involved

To find out more about volunteering for IHC call:

**0800 422 422**

or visit

**[ihc.org.nz/volunteer](https://ihc.org.nz/volunteer)**

To register your interest and a volunteer coordinator in your area will get back to you.