

HEALTH & SOCIAL CARE

We also work in relation to Health & Social Care which is a very community driven aspect of our work. This work can vary from supporting the elderly by organising events and outings to helping the homeless and those less fortunate. The courses involved include Therapeutic Hand Care, Skin Camouflage and others.



YOUTH

The Limerick Area of the Irish Red Cross has an established history of working with the young people in our community. Our youth members range from 14 to 24 years of age and are involved in activities like the yearly St. Patrick's day parade, youth camps, outdoor activities and social events. The courses and programmes offered to our younger members include first aid courses, the OPTIONS programme, Youth on the Run, Anti-Bullying and Positive Mental Health.



Humanity
Impartiality
Neutrality
Independence
Voluntary Service
Unity
Universality

CONTACT

For more information on volunteering with us please call us on:

086 142 5000

volunteer@limerickredcross.org

For general queries or if you would like to enquire about engaging us for your event please call our Limerick office, 58 Henry Street from 9am to 1pm on:

061 468 417

info@limerickredcross.org

JOIN US ONLINE



@ircclimerickcity



@IrishRedCrossLimerick

#ShakeThingsUp

www.limerickredcross.org

www.redcross.ie

SHAKE THINGS UP



DO SOMETHING DIFFERENT

Join the Irish Red Cross today and make a difference in your community.

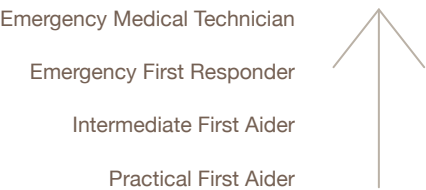
WHO WE ARE & WHAT WE DO

The Red Cross & Red Crescent movement is an international movement working towards creating a better world through voluntary humanitarian work. The Limerick Area of the Irish Red Cross provide first aid training and education to the highest of standards as well as being a leading provider of first aid and ambulances services for sporting, social and community events in Limerick City and County. We also regularly take part in Health and Social Care activities and developments within the locality. As well as this we have a very strong Youth community, centred around personal development of our younger members and supporting them to help within their communities.



FIRST AID

We provide first aid training to the highest standards and we are renowned for it as Ireland's leading provider of first aid courses. Our first aid and pre-hospital emergency care courses are all national approved and recognised by the Pre-hospital Emergency Care Council. Our first aid courses usually start with Practical First Aid and progress all the way up to Emergency Medical Technician (EMT) level. As well as providing training for these courses we also actively use the skills learned while working in the community. We provide first aid and ambulance services throughout the county including Thomond Park Stadium, Munster Rugby, University of Limerick as well as other events such as Special Olympics, the Circuit of Munster car rally and the Great Limerick Run.



ARE YOU THE RIGHT FIT FOR US?

We are currently looking for Volunteers to help us with regards to:

- First aid provision—all trained or untrained people welcome
- Ambulance & minibus drivers*
- Fundraising
- Administration
- Health & Social Care activities

* While most of our volunteering roles are open to any adult anyone wishing to volunteer as a driver must have a full, clean driving license and be aged 25 years of age or above.

ARE WE THE RIGHT FIT FOR YOU?

We will...

- provide the necessary training in whichever area of activity you may have an interest.
- offer you the opportunity to learn new skills and develop new interests.
- provide you the opportunity to make a useful contribution in your own community.
- give you input into the decision making of the organisation locally.
- encourage the constant development of personal skills through hands-on experience and further training opportunities.

OTHER BENEFITS OF VOLUNTEERING WITH US

- **NATIONALLY RECOGNISED QUALIFICATIONS** The first aid training you receive while with us is nationally approved and recognised.
- **UNIQUE CHALLENGES & OPPORTUNITIES** You will be presented with unique and diverse experiences and challenges.
- **AWARDS? SURE...** We recognise the efforts made by all of our volunteers with yearly service and voluntary hours awards.
- **INTERNATIONAL TOO** You will be part of a national organisation with international links, opening doors to all sorts of great opportunities.
- **MAKING NEW FRIENDS ISN'T JUST FOR KIDS YOU KNOW** Not only will you make new friends but you can also develop your professional network.



LOCATIONS

We have several locations in the Limerick Area. All of our facilities throughout the Limerick Area are only open during certain times but feel free to request a tour of any of our facilities when enquiring by phone or by email.

LIMERICK CITY

Ashbourne Business Park, Dock Road and 58, Henry St.

LIMERICK COUNTY

West	Adare, Rathkeale, Newcastle West, Abbeyfeale, Glin
East	Doon, Cappamore, Murroe
South	Kilfinane, Kilmallock



STEPS OF A NEW VOLUNTEER

We aim to integrate all of our new volunteers as quickly as possible. The below steps help to get all new volunteers settled and to ensure a safe and secure environment for all our members.

