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**Volunteer Role Description**

**Position:** Volunteer – Men’s Shed Downpatrick

**Location:** AMH Men’s Shed, Ballydugan Ind. Estate, Downpatrick

**Responsible to:** Men’s Shed - Project Officer

**About this opportunity**

Project volunteers are required to contribute to the daily running of the Men’s Shed projects supporting both the development of the Shed and the members. Men’s Sheds are informal spaces for men aged 60 + to meet and discuss issues, share skills and explore new interests, with an aim to promoting their own health and development and putting something back into the community. The Sheds are open Monday to Friday and offer men the opportunity to undertake a variety of tasks including art, IT, small joinery projects, horticulture and health promotion.

**Volunteer Activities**

Volunteers will assist with opening and closing the premises, planning, assisting and supervising activities and supporting the members (known as shedders) where possible.

Activities may include Horticulture/conservation, Arts & Crafts, Joinery/wood work, woodturning, Men’s Health Groups and Catering/healthy eating.

**Skills / Qualifications for the Role:**

Volunteers will have skills in one or more of the following areas:

Arts & Crafts

IT/Photography

Gardening

Woodwork/Joinery/Woodturning

Outdoor Activities

Health Promotion

Catering

Social Support/Older person’s programmes

If you have other skills you can bring to the project we would like to hear from you.

**Minimum Hours Per Week:**

3 hours per week

**Support:**

A full induction, support and training are provided for the role. Out of pocket expenses are available.

**Other:**

All volunteers will be required to undergo an Enhanced Disclosure check via the AccessNI Service before commencement

