

National Volunteering Week

Monday 16th—Sunday 22nd May

This year's National Volunteering Week will take place between 16th and 22nd May 2016. Our theme is 'thinking differently about volunteering'. In order to promote and celebrate volunteering during National Volunteering Week Meath Volunteer Centre will be hosting a number of events throughout the week. Please see below for more details.

Mental Health Workshop

The workshop aims to provide participants with an opportunity to reflect on mental health and to learn strategies on how to enhance their mental wellbeing.

The workshop is **FREE** to attend but places are limited so **booking is essential**.

Date: Monday 16th May

Time: 1.45pm—5pm

Venue: Meath Volunteer Centre



Volunteering Information Day

Thursday 19th May—Navan Shopping Centre

Meath Volunteer Centre will be hosting their volunteering information day in Navan Shopping Centre on Thursday 19th May. As well as information on volunteering there will also be face painting for the kids. The artwork as a result of our community arts initiative explained below will also be displayed on the day.



Volunteer Appreciation Days

Each year Meath Volunteer Centre encourages organisations to host a Volunteer Appreciation morning for their volunteers as a way of recognising their hard work throughout the year and how valuable the volunteer are to their organisation. This event is simple to host all you need is some cake and a few kind words to thank your volunteers. If you would like some support on hosting your very own Appreciation Morning please contact Meath Volunteer Centre.

Community Arts Initiative with Youth Groups in Meath

Meath Volunteer Centre is currently coordinating a community arts initiative whereby local youth group members are developing postcards with image or text that reflects what volunteering means to them. The cards will then be anonymously sent to volunteers as a thank you for volunteering. The postcards will then be displayed in Navan Shopping centre during our information day. All postcards will be entered into a competition, 1st 2nd and 3rd place will receive a small prize. The winning entries will be printed and will be used to promote volunteering in Meath.

For more information on any of the above please contact Meath Volunteer Centre on 0469280790 or info@volunteermeath.ie