

*Thank you for expressing an interest in volunteering with us.*

At Solas, volunteers are essential to our organisation. They provide warmth and comfort to those seeking support, and we appreciate that you're considering joining our team.

We place a high value on empathy and trustworthiness. Given the sensitive nature of our work, upon acceptance, we will request that you sign a confidentiality contract and a mutual commitment agreement. This ensures clarity and mutual understanding of our expectations.

To help you feel confident in your new role, we offer a month-long trial period. During this time, we provide extra guidance and support to help you fit in to your role effectively.

We have a range of opportunities available. Whether you prefer occasional involvement or seek a more structured commitment, we have options to suit your availability and preferences. For instance, you could assist with sessions or events, such as our Meet'n'Greet role, typically requiring 90 minutes to 2 hours of your time once a week for up to eight sessions. These activities predominantly take place in our Studio.

Alternatively, for those seeking deeper involvement, you may consider becoming a Wellbeing Support volunteer. This role entails committing to a 2 or 4-hour shift at Solas House, where you can actively contribute to our core purpose of providing support and care.

Both of these roles are offered as a fixed position, or as ‘ad hoc’, so it’s more flexible round busy lifestyles.

There are huge benefits to volunteering; improved social life and mental health are at the top of the list!

There’s also the chance to learn new skills and enjoy some fun activities.

We look forward to the possibility of welcoming you to our team!