

How can I get involved locally?

Who we are:

Doras Luimní is a migrant support and advocacy NGO carrying out a range of integration projects in the Mid-West region via our Limerick-based office and in the midlands via our Portlaoise office.

In Portlaoise, there are a number of Refugee families living locally who are in need of support from members of the community. You can help by becoming involved in any of the projects we are currently developing below. Spaces, materials and ongoing training and support will be provided.

- Befriending:** Meet weekly for an hour in a local café/place of interest. Share cultures, experiences, even languages over a cuppa! 30 minutes with your individual match, then join up with the group for the remaining 30 minutes. We are looking for befrienders and also a co-ordinator for this group.
When? – Afternoons/evenings.
- Women's Group:** Would you like to be involved in an international Women's Group – meeting weekly in a central location? All nationalities are welcome! We are looking for someone to be the group co-ordinator also to compile and organise events based on the group's interests e.g. trips, speakers etc.
When? – Afternoons/evenings.
- Arts & Crafts Group:** Could you lead a once-off or regular arts/crafts session for a group?
When? – Afternoons/evenings.
- Homework tutors for children:** Beginning a new school is always difficult, especially when you're acquiring a new language too. Could you provide homework support for a child who is new to the county?
When? – days/times to be mutually agreed.
- English tutor for adults:** Would you be able to provide one-to-one English language assistance? Materials will be provided. *When? – days/times to be mutually agreed.*
- Job Skills instructor:** Help job ready English-speaking migrants advance essential skills, such as interview technique and CV preparation. All materials will be provided. *When? – days/times to be mutually agreed.*
- Vocational mentoring:** A number of the people we work with have practical skills, qualifications and trades from their home countries. We are seeking vocational mentors who could provide short-term work placements to give them an idea of this type of work in Ireland. We are particularly looking for electricians, mechanics, bakers and graphic designers. *When? – days/times to be mutually agreed.*
- Family Advocacy:** Could you provide support for a family for 1-2 hours per week. This type of work may involve helping families to understand letters they receive in the post, calling a doctor's clinic to arrange an appointment or ringing schools. Training and support will be provided.
- Your idea here!** If you feel you have any other skills which you feel could be useful, we would love to hear from you!

If you would like to get involved in any of the above, please sign your name on the contact sheet, or Contact Hannah on 089 496 6540; email h.culkin@dorasluimni.org.
See www.dorasluimni.org for further information.