

Take a moment to connect



IHC Volunteering

Volunteers supporting people with intellectual disability

How can you volunteer with IHC?

There are many ways that you can volunteer with IHC. We have volunteers throughout our organisation, from IHC Association volunteers who help us with local IHC activities, events and governance and local fundraising volunteers.

IHC also has a rewarding one-to-one volunteer programme that encourages friendship and learning in the community.

All IHC volunteers help to make a big difference to the lives of people with intellectual disabilities.

What is one-to-one volunteering with IHC?

It is about one-to-one friendship. By taking a moment to connect with someone with an intellectual disability, volunteers make a positive difference in the life of another. The main emphasis of this role is volunteers including a person with them while doing something they usually do. This is what makes IHC Volunteering unique.

How does it work?

We pair volunteers up with a person who has similar interests. It may be providing support to learn a new skill, achieve a personal goal or hanging out together to do something they both enjoy. The relationship is one-to-one and volunteers meet with their friend regularly. This means that volunteers spend time with only one person and they can get to know each other.

Why one-to-one?

Because learning one-to-one works well. Group activities can sometimes be the only option available to a person with intellectual disability and we've found that some people work best one-to-one. We've found that volunteers bring their own unique skills and experience to the friendship which sustains learning in a fun, friendly and supportive environment.

Who can volunteer?

We welcome applicants from 17 years of age and from all walks of life. People with intellectual disabilities have diverse interests and backgrounds so the more varied volunteers we have the easier it is to match people. Having a genuine interest in developing a connection with someone with an intellectual disability is a prerequisite.

What support do I receive as a volunteer?

The regional volunteer coordinator will provide a full orientation to IHC, along with relevant training to the person they are matched with. Initially volunteers meet frequently with the coordinator either in person or over the phone. There are regular scheduled reviews that will ensure the friendship is successful.

For more information

