



RAPE CRISIS
M I D W E S T

Volunteer Pack



www.rapecrisis.ie

Tel. 1800 311 511

Hello!



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Thank you so much for choosing to help Rape Crisis Midwest. As we are only partly funded, we heavily rely on the kindness and selfless nature of people like you to help keep our doors open and to carry out the work that we do.

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Intro to RCM



Founded in 1980, Rape Crisis Midwest is open to both men and women, who have been raped/sexually assaulted, including those abused as children. Our main centre is based in Limerick with services also in Ennis and Nenagh.

We provide:

- Information & Support
- Crisis Counselling
- Longer Term Therapy
- Court Accompaniment
- Referral to relevant services
- Training and Education programmes

Contact Us



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Freephone:

- 1800 311511 or 061 311511

Email:

- administration2@rapecrisis.ie
- verena.tarpey@rapecrisis.ie

Social Media ([click to open](#)):



Website:

- www.rapecrisis.ie

Visit the centre:

- Rape Crisis Midwest, Phoenix House, Punch's Close, Rosbrien Road, Limerick.



About Our Service



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Our Vision:

"A society where all men, women and children are free from sexual violence"

Counselling:

Counselling with RCM is both non- directive and non-judgemental. We provide a safe and supportive environment, where you can begin to make sense of your thoughts and emotions.

Survivors:

The centre currently helps over 80 survivors of rape and sexual abuse each week. This number is always changing and unfortunately often rising.

Staff:

All of our counsellors are specially trained to work with survivors of sexual violence, and receive regular supervision to safeguard the service.

What To Expect



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If you are interested in helping out your local community and making a difference or if you want to learn new skills and meet new people, then a voluntary role at Rape Crisis Midwest could be for you!

The continuation of our service depends largely on public generosity and our wonderful volunteers, who are needed to help out with a wide range of services and activities.

There are a number of different levels in which you can get involved in and you will be assigned a 'go-to' person depending on this area. You will quickly become part of a friendly and motivated team.



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What We Expect



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- Fill out an application form and attend an interview
- Show dependability, sensitivity and have a desire to help people
- Be non-judgemental and treat information you may come across in the strictest of confidence*
- Complete all required training (this varies depending on each position)
- Counselling volunteers must be 25 years of age or older

*This applies to all information outside of that under new legislation (Childfirst), which may not be possible to keep confidential.

FAQs



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Do I need to have any special training or skills to volunteer?

No. Appropriate training will be given to you depending on the volunteering area. However, don't hesitate to tell us if you do have training or a beneficial skill.

How much of my free time do I have to give up?

This is entirely up to you, but does often depend on the volunteering role. Events will also dictate this. Also, some training can take one day, others can take longer. You will be able to discuss all of this at the interview stage and we will try to work with you and your schedule.

Could I just volunteer for a once-off event?

Yes, depending on the event and the nature of your voluntary role. However, this would need to be discussed fully with event coordinators beforehand.

>> Further FAQ answers are available on our website

Voluntary Positions



SATU (Psychological support worker)

- SATU stands for sexual assault treatment unit. The role of a SATU worker is to attend an FME (forensic medical examination) at University Hospital Limerick with a client who has been raped or sexually assaulted. Full training is given and Garda vetting is required.

Court accompaniment

- If a client has to attend court regarding their rape or sexual assault, if they wish, they will be offered someone to accompany them for support. Travel costs normally subsidised. One day training course.

Fundraising/Collections

- Fundraising is vital to our service, with regular collections held throughout the year. Church gate collecting, bag packing and so on, no training is required and all efforts are greatly appreciated.

Voluntary Positions



Counselling

- The counselling course of RCM must first be completed, along with Garda vetting. Moreover, a process of personal development must be undertaken. We ask that you provide a minimum of 2 years counselling. Unfortunately training fees cannot be subsidised.

Events

- A number of different fundraising events are held by us each year, with volunteers always needed.



Event work may include selling tickets, advertising, organising, decorating the venue and so on.

>> Further information on each Voluntary Position can be found via our website.

How to Apply



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Fill out our Volunteer **Application Form!**

A link to the Application Form is available on our [website](#). If you are interested in volunteering please complete the form, and we will be more than happy to accept it via post, email or in person.

The form is quite extensive and detailed, as we want to make sure us as an organisation and you as a volunteer will be the right fit. It is also to see where you could be best utilized within the centre.

Once we receive your application form someone will be in touch with you as soon as possible to set up an interview. **Thank you once again for your interest, and we sincerely hope you enjoy your time volunteering with Rape Crisis Midwest!**