

What's Involved?

* An initial meeting
with your
volunteer co-ordinator.

* Fill out the
application form
providing the names of
two referees.

*Once you are matched
with your new friend
you will receive
on-going support from
our dedicated staff team

*You will then be having a positive
impact on someone's life



What is Friends In Deed?

Friends In Deed is a
befriending programme
which aims to match
individuals with an
intellectual disability with
volunteers from their
community.

These matches,
or Friendships, are usually
based on shared interests.

By forming a meaningful
relationship with someone
with a disability, a volunteer
can assist their friend in
trying out new activities
whilst enjoying each others
company.

It may be as simple as a chat
over a cup of coffee, but it is
supporting someone to enjoy
their leisure time.

Friends in Deed



Inclusion through friendship



Sunbeam House Services

Do you want to make a difference?

Are you interested in socialising, sports, shopping, music, movies, the outdoors or simply meeting up for a chat and a coffee?

If you would like to share your interests with someone with an intellectual disability in your local community please get in touch...

3 or 4 hours of your time,
once a month,
is all it takes.



For more information
on becoming a
Friends In Deed volunteer
please contact:

Eoin Buckley
ph: 086 838 5958

or

E-MAIL:
eoin.buckley@sunbeam.ie

Enjoy a rewarding and fulfilling experience!



Sunbeam House Services

