



WHAT CAN I DO FOR MY SOCIAL HOURS?

We recommend you try a range of activities, rather than just the same activity for the whole 20 weeks. Each activity just counts as one hour per week unless it goes over 5 hours in one event (see Top-Ups). You will need to reflect on 2 activities in your booklet in both parish and social)



Charity Work

- Volunteer at Parish / Charity Coffee Mornings / Fundraising (e.g. cake sale / flag day / tractor run) / Collecting for Little Nellie's Baby Bank or Christ on the Street / Darkness into Light (1 hour) / Volunteer in Charity shops / Volunteer with Special Olympics

Volunteer with Local Organisations / Clubs

- Arch Community / First Aid / Red Cross / Order of Malta / Youth Club Leader / Scouts, Girl Guides, Beavers, Brownies Leader / SVP Collections / Meals on Wheels / Tidy Towns Committee (litter-picking in community) / GAA training of younger teams / mentoring / referee at local club

Community Life

- Volunteer at Parish / Charity Coffee Mornings / Animal Welfare / Community Games / St Patrick's Day parade (e.g. steward / member of Scouts) / Foroige / Community Musicals / Drama Society / Visiting Residential Homes / hospitals / Coffee Mornings (fundraisers / parish gatherings) / Help at Bingo for Seniors / Teaching IT to the elderly / Community Events (check suitability with Award Leader) / Cleaning / maintaining other Church denomination buildings

"SOCIAL" HOURS DURING SCHOOL TIME Please remember! No more than 50% of parish / social hours can come from activities undertaken during school time. (10 hours at Gold, 8 hours at silver, 4 hours at bronze)

- TY Buddies (mentoring first years / 6th class pupils)
- Lifeguard Course / First Aid Course
- Student Council member
- SVP Society
- Trad for Trócaire
- Volunteer at Open Night in school
- Gratitude Day / Pay it Forward Day in School
- Litter picking in school / Green Schools Committee
- Participate in School Musicals
- Homework Club (after school)
- Paired Reading
- Justice and Peace Society
- Complete Mary's Meals: Little Acts, Big Difference Module
- Help train / mentor younger teams at school
- Charity fundraisers (e.g. cake sale, Daffodil Day, Irish Heart Foundation, Shoebox appeal, Mary's Meals)
- Stay Awake Vigil in school (raising awareness for those who are homeless)

