

## SPRED SUMMER RETREAT VOLUNTEER

### **Basic Details:**

*SPRED Summer Retreat*

*August 10-11, 2019 8 am Saturday- 4 pm Sunday*

*The Benedict Inn Retreat and Conference Center: 1402 Southern Ave, Beech Grove, IN 46107*

Volunteers are key to the success of our joyful retreat weekend, which serves adults with intellectual and developmental disabilities. By supporting our planning team and our small group leaders (or catechists), volunteers help ensure a smooth, safe and enjoyable experience for everyone. Volunteers can be there for the entire retreat (which is ideal) or even just a couple of hours!

Retreat volunteers are needed for a variety of support depending on their interests, talents and comfort level, including

- **logistics** including tasks such as pre-retreat set up, and post-retreat clean up, setting up indoor and outdoor activities, handing out materials, moving tables and chairs as needed, directing participants to where they need to be,
- **indoor activities** such as directing or assisting with a craft, singing and indoor games.
- **outdoor activities** such as directing or assisting with games like cornhole, water games, or even just taking a walk.
- **meal times** by helping carry plates or cups, and possibly cutting a participant's food.

Whatever they do, volunteers are greatly encouraged to get to know our participants, to interact with them, and when applicable, to model the activities by participating themselves!

### **Support for volunteers:**

Volunteers will have direction and support from the retreat planning team and from experienced catechists any time it is needed. Additionally, on the Friday evening before the retreat all volunteers are invited to a preparation session, which includes an overview of the schedule, the groups, and even the individual participants.

### **Requirements:**

While it is helpful, no prior experience or professional background working with individuals with disabilities is necessary. What is essential is an openness to getting to know our fun and unique group, and flexibility. That said, please know that we do count on our volunteer's reliability and commitment to the time he or she indicates they will be present.

***Because we are working with vulnerable individuals***, every catechist and volunteer is required to complete our safe environment training, which includes a background check. The training (Safe and Sacred) can be accessed here: <https://safeandsacred-archindy.org/login/index.php>