



North Down & Ards

Use what you have
To do what you can!

Autumn 2018



North Down & Ards

Newtownards Sea Cadets - Volunteer Instructors



Sea Cadets offers water-based and land-based adventure to 10-18 year olds, helping to boost their confidence and self-belief. We need volunteers who are happy to roll up their sleeves, get involved and make a positive difference to the lives of young people. Volunteers will receive an induction and will be given training and support to make you feel comfortable in your role. <https://bit.ly/2OVAROi>

Girlguiding Ulster - NI Wide - Volunteer Instructors



Be an inspiration for girls and young women! Girlguiding Ulster are looking for volunteers to join our Girlguiding team and inspire our members. Our members begin their Girlguiding journey in Rainbows progressing through to Brownies, Guides and Rangers. Each week the girls meet and take part in new adventures, try new experiences and discover new interests. <http://bit.ly/2LTdwkP>

North Down Community Network - DICE Project Volunteer



The DICE Project is a Youth Project which is being carried out by the NDCN, in partnership with four communities: Bloomfield Community Association; Whitehill Community Association; Clondeboy Community Association; and Breezemount Community Association. Volunteers will support the DICE Project staff and community partners in providing safe, fun and welcoming spaces for young people aged 10-15 years old. <https://bit.ly/2EmVRnj>

SEHSCT - Caring Communities Safe & Well - Befriender



Volunteer Befrienders urgently needed to support older people who are lonely and socially isolated. Befrienders support the person with a chat, companionship, help to attend a local social group and attend appointments. If you, or someone you know, have a spare hour a week, please consider this request, You could make a real difference to an older persons' life. <https://bit.ly/2QU3eUC>

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8th Bangor Scout Unit - Volunteers



Scouts NI have lots of opportunities in your local Unit for you to bring skills for life to young people. Use your skills and expertise to deliver our programme to:

• Beavers (ages 6 – 8) • Cubs (ages 8 – 10½) • Scouts (ages 10½ - 14) • Explorers (ages 14 – 18)

We'll also provide you with world class training in the areas that you're less confident in so that you'll be instrumental in giving young people the skills and adventures that will stay with them for the rest of their lives. <https://bit.ly/2OsMdUJ>

Rosie's Trust - Volunteer Dog Walkers



Rosie's Trust will support a terminally ill, older person with a disability, or an individual undergoing acute cancer treatment who have companion pets that they are unable to care for in a practical way. Rosie's Trust needs volunteers from all walks of life and communities who recognise the special relationship that exists between an individual and their companion pets. <https://bit.ly/2J7i3AJ>

Abbeyfield House - Volunteer House Friend



We are looking for volunteers to work as House Friends with older people in our Abbeyfield Houses on a one-to-one basis.

If you are a people person with good interpersonal skills, a sense of humour and the ability to listen and chat, this opportunity will be right up your street. As a volunteer you will become a part of the house team, get to know our residents and tenants and share your own experiences and interests with them. <https://bit.ly/2CknNFM>

Citizens Advice Ards & North Down - Volunteer Receptionists

Do you enjoy meeting new people? Are you a team player with a great telephone manner and IT skills. CAAND are looking for volunteer receptionists to join their teams in Bangor, Newtownards and Holywood offices.

<https://bit.ly/2pWo7Ty>



Volunteer

Parkinson's UK - Various Volunteer Roles

Northern Ireland
PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

North Down Support Group meets on the third Monday of the month from 2-3.30pm at Ards Arts Centre, Town Hall, Newtownards. The group currently requires volunteers to help at this meeting and with some administration between meetings.

Local groups are run by volunteers who usually have experience of Parkinson's and are supported by professional staff. The local group network offers friendship and support to everyone living with Parkinson's, their families and carers.

Support Group Coordinator - <https://bit.ly/2PCX8YF>

Support Group Assistant Coordinator - <https://bit.ly/2pXAnDB>

Support Group Helper - <https://bit.ly/2CIZTcN>

Volunteers needed!



Do you have access to the internet?

Use the 'Volunteer Search' panel on our homepage www.volunteernow.co.uk to look for more opportunities ...

Select your activity, enter your postcode and click 'search'. To apply, click 'register now' in the opportunity description and the organisation will come back to you with more information.

Opportunities are also posted daily on our social media - follow [VolunteerNow](#) on Facebook and [@VolunteerNow1](#) on Twitter

For more information about volunteering in the Lisburn, Castlereagh, North Down & Ards areas contact our Outreach Officer, Antje Otto:

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