



Spring into Action!

Latest Volunteering Opportunities - Belfast - March 2019

Spring into action and volunteer!

There are thousands of volunteering opportunities on www.volunteernow.co.uk so there's sure to be something that suits you!

How does it work? Use the 'Opportunity Search' on our homepage to select the type of activity you would be interested in, enter your postcode and click 'search'. To apply for any opportunities, click 'register now' in the opportunity description and the organisation will come back to you with more details. (If you already have a volunteer account on our website, log in first)

Need a hand to find or register for an opportunity? Call us on 028 9023 2020 or email opportunities@volunteernow.co.uk



Life NI

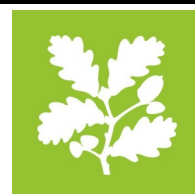
Volunteers needed to help in their charity shop on the Lisburn Road - if you have a few hours to spare they'd love to hear from you. Apply at bit.ly/2EuAUVA



Have a say in our heritage

Are you energetic, enthusiastic, and determined to make a difference? The **National Trust** is looking for new candidates to join its existing Council. This is a rare volunteering opportunity for anyone with a genuine passion for the Trust's work to have their say and help look after inspiring places for future generations.

More details and how to apply at bit.ly/2lgzcuO (apply before 27 March 2019)



Summer Scheme Volunteers

Volunteer recruitment is now open for **Sólás** summer scheme which runs during July for children with autism aged 4 to 11 years. More details and how to apply at bit.ly/2NuUIAh



Volunteer Now Events Team

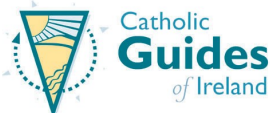
Our Events Team are currently recruiting volunteers to help at the **Belfast Marathon** in May and **The 148th Open** in Portrush in July.

Don't miss out on the chance to get involved with some of the biggest events coming to Northern Ireland in 2019! For more details and forthcoming events, visit the **Events section** of our website.



Guide Leaders required

CGI are looking for volunteers to help in their sections throughout Belfast for girls aged 5-19 from all religions. No prior experience of Guiding is necessary as they provide a full range of training. Good fun guaranteed! For more details visit bit.ly/2Stlfs7



Love your Social Media?

Guide Dogs NI need a volunteer to help with their social media and PR. For more details and how to apply visit bit.ly/2GQRa4G



Volunteer with Volunteer Now projects

Volunteer Drivers needed across Belfast and Castlereagh to take clients to & from their homes to a variety of appointments including hospitals, day centres, dentists and colleges. bit.ly/2tcstJJ

Befrienders are matched with someone who is socially isolated usually due to poor physical health because of old age and/or lack of family support. Visit once a week for an hour to build a friendship and help to combat loneliness. bit.ly/1VGN8dk



NICHs need volunteers in South Belfast

NI Chest Heart & Stroke need volunteers to help at their Post Rehabilitation Exercise Programme group in South Belfast. This is a physio led, community based patient education and physical activity support service for people who have had a stroke.



For more details visit bit.ly/2Udeq0R

All Ireland Institute of Hospice & Palliative Care



Make a difference for people with a serious and progressive illness or condition which may limit or shorten their lives and join Voices4Care. Being a member of Voices4Care gives you meaningful opportunities to influence palliative care education, research, policy and practice.

For more details: bit.ly/2FD4qJO (apply before 15 March)

One for the cycling enthusiasts ...

Sustrans friendly enthusiastic volunteers to help out at their Saturday open days, promoting cycle activities based at Sustrans Active Travel Hub located on CS Lewis Square, Holywood Arches, East Belfast.



For more details visit bit.ly/2tSmyZ7

Receptionist required

Depaul's Mater Dei in North Belfast currently requires a volunteer to cover reception, including answering phone calls, on a Wednesday from 11am - 1pm.



For more details visit bit.ly/2U9nfsI

Looking for some retail experience?

Volunteering in charity shops provides great personal benefits and career development



such as customer service skills, retail skills (e.g. money handling, visual merchandising) and increased confidence.

Find your local charity shop by using the 'opportunity search' on www.volunteernow.co.uk and select 'shops/retail' as your activity.



Fundraising Volunteers required

Volunteering as a fundraiser can be a fantastic way to help our local and national charities. These fundraising opportunities are often one-off requests and it only takes a few hours of your time to make a real difference.

For a full selection of fundraising opportunities in your area, use the 'volunteer search' panel on our homepage www.volunteernow.co.uk – select

'fundraising/flag days' as your activity and enter your postcode.



Volunteer Now, 34 Shaftesbury Square, Belfast BT2 7DB

Tel: 028 9023 2020

Email: opportunities@volunteernow.co.uk

Office hours: Mon-Fri: 9.00am - 4.30pm



Supported by the Northern Ireland Executive through the Department for Communities

Information on this sheet is correct at time of printing