

SPRING

NI Wide Volunteer Opportunities - Spring 2019

Interested in volunteering?

There are thousands of volunteering opportunities on our website 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



Michaela Foundation

Applications for 2019 Summer Camps are now open.

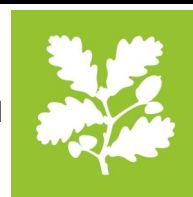
If you're interested in inspiring young people, having fun and enhancing your own skill set, then apply to volunteer at one of our Summer Camps throughout Ireland. bit.ly/2AFi2Ro



National Trust

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)



International North West 200



Race Week takes place 12-18 May 2019 and North West 200 need volunteers to help out in the following roles

- Media team
- Marshals and flag marshals
- Event co-ordination / hospitality team
- Administration team
- Branding team
- Course set up / build team

Air Ambulance NI also need volunteers to help at this event. bit.ly/2ThDuq6



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 Dogs NI

Volunteer needed to help with their social media and PR. For more details and how to apply visit bit.ly/2GQRa4G



Charity Shops

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 'volunteer search' on www.volunteernow.co.uk and select 'shops/retail' as your activity.



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

Ways of Wellness volunteers: Our new *Ways of Wellness* project aims to combat social isolation among older patients presenting to GP's. Initially based at Holywood Arches medical centre, local volunteers will offer encouragement, practical help and emotional support to include signposting a range of services in the local community and 1-1 support. Full training provided. bit.ly/2uZem5y



National Autistic Society

E-befriending volunteers needed to provide online companionship to individuals on the autism spectrum, helping to alleviate social isolation, as well as giving the opportunity to improve their communication skills and build their confidence. bit.ly/2E61zYD



TinyLife

Family Support Volunteers provide practical, social and emotional support to families of premature and sick babies. Each family is assessed by one of our Family Support Officers who will then match them with one of our fully trained volunteers. <http://bit.ly/2RGrhH0>



Action on Elder Abuse NI

Can you help a victim of elder abuse?

Home-based volunteers are needed to answer Northern Ireland calls to our Helpline.

The Helpline provides free, confidential, information, advice and support to victims of elder abuse, as well as others who are concerned about or have witnessed abuse, neglect or financial exploitation. bit.ly/2XejfP



Fundraising Volunteers

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



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Information on this sheet is correct at time of printing