

Spring has most definitely sprung and it's the perfect time of year to get out and about and get volunteering with conservation or environmental activities. It's a great way to meet new people and make new friends, and also to work off those calories from your Easter eggs!

Here's a few volunteering opportunities to get you started, but you'll find the full selection by using the Opportunity Search on <u>our homepage</u> and selecting 'Conservation/Gardening' as your activity.

- The Conservation Volunteers (Belfast)
- Belfast Hills Partnership (Belfast)
- <u>WWT Castle Espie Wetlands Centre</u> (Comber)
- <u>Woodland Trust</u> (Carrickfergus)
- Ballymena Nursery School (Ballymena)
- National Trust (North Coast)
- <u>Willowbank Organic Producers (</u>Dungannon)



What's your plans over the next few months?



Could we interest you in the Balmoral Show, a rock concert in Belfast, The Open in Portrush, or maybe the Seaside Festival in Bangor?

Many large and small events and festivals across Northern Ireland just couldn't take place without the support of volunteers.

Have a look to see what's coming up on our <u>Events Calendar</u>. Most are one-off events and good craic is guaranteed!

This calendar is updated regularly so please check back if there's nothing there

that suits you at the minute.

Oh, and if you're planning to volunteer at the **Balmoral Show** please sign up now so that we can get your shifts and uniform sorted in plenty of time. At the minute the weather forecast for the show dates is giving sunny intervals and a gentle breeze, so that sounds just about perfect to us!!





My Guide

Could you help people who are blind or partially-sighted feel less isolated and become more involved in their local communities?

Guide Dogs NI are currently recruiting My Guide Volunteers who support someone in a wide range of everyday activities including: going for coffee, shopping or going for a walk. Full training provided.

Read More

Be an inspiration to young people

Were you ever in the Scouts or the Brownies? You'll remember what a great time you had with your friends, the fun and games, never mind the excitement of gaining all your badges!

Have you ever thought about joing your local group as a leader / assistant leader? It's a great way to inspire our young people and the perfect opportunity if you're looking to gain some youth work skills too. You don't need to have any prior experience as full training will be given. Here's a few of the organisations who are currently recruiting volunteer helpers throughout Northern Ireland ...



* Girl Guiding Ulster

* <u>CGI</u>

* <u>Scouts NI</u>

The Big Lunch

This nationwide celebration of community spirit initiated by the Eden Project and partnered by National Lottery Community Fund is celebrating its tenth year. The Big Lunch want to get as many little gatherings happening as possible in Northern Ireland, because when we take time to chat it can make all the difference, so grab a chair and something to share! Find out how you can get involved ...



Read More

Deaf Awareness Week (6-12 May)

Can you help Action on Hearing Loss raise awareness and vital funds to help break down the barriers that people who are deaf or have hearing loss face in everyday life?



Read More

Do you need some inspiration?

Do you want to volunteer but aren't sure what you'd like to do? Have a look at the Inspire Me section of our website where you'll find:

- Our latest opportunities sheets
- Turn Up and Try opportunities (where you just need to let the organiser know *you're coming along*)
- and some volunteer stories.

And don't forget that if you need a hand to find or register for an opportunity, you're welcome to contact Volunteer Now. Call us on 028 9023 2020 or email opportunities@volunteernow.co.uk



If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: <u>Unsubscribe</u>

Volunteer Now 34 Shaftsbury SQ Belfast, England BT2 7DB UK



