

Autumn 2020

VOLUNTEERING OPPORTUNITIES MID & EAST ANTRIM

What would YOU like to do?

There's lots of volunteering opportunities on www.volunteernow.co.uk and there's sure to be something that suits you! Click 'Search for Volunteering Opportunities' on our homepage and then use 'Filter by' to select the type of activity you would be interested in and the miles you are prepared to travel. When you apply for an opportunity, the organisation will come back to you with more details. Need a hand to find or register for an opportunity? Call **07850 851811** or email opportunities@volunteernow.co.uk



Oxfam Charity Shop (Ballymena)

At Oxfam Ballymena our people come from all kinds of backgrounds, joined by a common goal to make a difference. Even an hour of your time can make a valuable contribution to a great cause. It's not just about what you can do for us, though we encourage our volunteers to embrace new tasks and learn new skills. If you want to be part of the Oxfam family click the link <https://bit.ly/3IVF1O9>



ROC Tele-mentors (Larne)

Redeeming Our Communities Tele-mentors Larne is a new mentoring scheme set up in response to the ongoing Covid-19 crisis. Families have been greatly impacted by the crisis and whilst some have enjoyed the time together others have struggled to cope during the necessary lockdown restrictions with well-being and mental health suffering. Some families have also been under increased strain with home-schooling, employment uncertainty, family breakdown and financial pressures. The volunteer mentors will provide support to the principal care giver in a family for 10 weeks via such means as FaceTime, Zoom, What's App, Skype or telephone. Mentors are a 'friend with a purpose' through one to one mentoring sessions based on the COACH mentoring model, offering a strength-based approach, empowering families to make positive life choices instead of building dependency. Tele-mentors will be asked to commit to one hour a week after training up to 31 March 2021. Full accredited training will be provided online on the evenings of the 3rd & 12th November and will require access to a laptop, iPad or smartphone for both training and mentoring sessions. The mentoring role is a unique volunteering opportunity for anyone aged 18 or over from all backgrounds. For more information and to apply for an application pack click on this link <https://bit.ly/3n0ROiy>



Get involved and make a difference!!!

TinyLife - Volunteer Driver (Breast Pump Loan Service)

TinyLife operates a Breast Pump loan service with a fleet of around 120 hospital grade breast pumps that can be loaned to mums of premature and sick babies in neonatal units across Northern Ireland. These pumps give mums the best opportunity to establish a good breast milk supply which is proven as the best nutrition for premature and sick babies. If you have a clean driving licence and are over 25 years of age click for more information and to apply <https://bit.ly/305vivq>



St Vincent De Paul Charity Shops Need YOU!!!!

If you have a passion for fashion then this could be the perfect volunteering opportunity for you. Volunteers often enjoy their time in a charity shop as it gives them the chance to meet people, make new friends, become part of a team and learn new skills while raising money for the **charity**. Vincent's charity shops in Ballymena, Cushendall and Kilrea need volunteers for this to happen. Click the links to apply for the opportunity in the shop closest to you. **Ballymena** <https://bit.ly/34G7VK5> **Cushendall** <https://bit.ly/36Oab4E> **for Kilrea call 028 2954 0103**



Nexus NI - Volunteer Trainee Counsellor

As a Volunteer Trainee Counsellor with Nexus NI, you will initially focus on learning and training. You will learn about Nexus NI's policies and processes and our Clinical Team will work with you to develop a programme of training that is appropriate to you and when ready you will provide one to one counselling for Nexus NI clients. Click for more information <https://bit.ly/3cPi5js>



MindWise Activities Volunteers Carrickfergus

Organise and plan activities in the Carrickfergus area to encourage participation for tenants in the housing service. This role provides volunteers with an opportunity to develop their own self-confidence as well as learning many different skills from staff and other volunteers. The role may also involve supporting staff to engage service-users in community activities. This is a fantastic opportunity for anyone with good communication skills and is passionate about mental health and well-being. Full training will be provided and volunteers will receive ongoing support while carrying out the role. They will also receive any out of pocket expenses. Click the link for more information and to apply

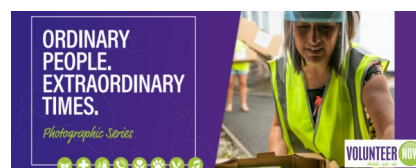
<https://bit.ly/3ileiSm>



Ordinary People – Extraordinary Times'

Have a look at our '**Ordinary People – Extraordinary Times**' Photographic Series celebrating Northern Ireland's COVID volunteer heroes. The publication gives a snapshot of the incredible volunteering and social connection which emerged during the pandemic and which continues to enrich our communities every day ... check it out and see if you can spot yourself!

More details and links to the e-book at bit.ly/3mYqIF3



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