



Volunteer Newsletter November 2020



With Christmas just around the corner, we're launching our annual ChristmasTime campaign. As a result of the on-going challenges of Covid-19, it's incredibly difficult for many charities to undertake their usual Christmas activities however there are still opportunities available which will make a huge difference. This year we are appealing to people throughout Northern Ireland to consider volunteering to help raise much needed funds or to donate gifts to a local charity and there's a variety of ways to get involved- **have a look at the list of [Festive opportunities](#) on our website**

Volunteering isn't just for Christmas though! You can still find your perfect volunteering opportunity by using the Opportunity Search on www.volunteernow.co.uk (On a pc the search box is just under our header banner, and on a mobile device it will be at the bottom of your screen).

Need some inspiration? Have a look at some of the [latest volunteering opportunities](#) in your area.

Need help? Email us info@volunteernow.co.uk - just let us know where you live and we can send you a few opportunity suggestions

Coming in December ...

...exciting plans with BBC NI and other charity partners when there will be lots of stories and publicity about addressing the problems of loneliness and looking at how we can all stay connected. Keep an eye on our social media channels for updates!

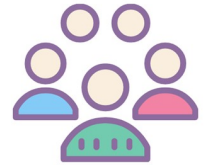


Volunteering as a Trustee

Do you have the skills and experience to support some of our local charities? Management Committee Members carry out a vital role - it's not necessarily about doing, it's about ensuring things are done! Most committees meet on a monthly basis and look for a variety of skills in their Trustees including finance, HR, legal, marketing, etc. Here are a few organisations who need your help:

- [Ulster Society for Promoting the Education of the Deaf and Blind](#) (apply before **4 Dec**)

- [Lagan Rivers Trust](#)
- [ABC Community Network](#)
- [Mae Murray Foundation](#)
- [Armagh Rural Transport](#)
- [Lagan Valley Rural Transport](#)
- [West End Partnership](#)



And if you're already a Trustee, check out the [Governance section](#) of our website for lots of useful information!

Men's Health Day

If you're aged 50+, join us for our virtual health day on Thursday 10 December. We've a full programme of events on Zoom and we'll even throw in a free ingredients pack so you can join in with the cookery session!
(the ingredients pack is available to men aged 50+ living in the Belfast City Council area only - first come first served!)



You'll find the full programme and joining details etc [on our website](#).

VOLUNTEERING DURING COVID-19

Whether you have volunteered before or this is your first time, the most important thing you can do at this time, is to continue to protect yourself and others from Covid 19. Advice is changing frequently and you should always follow the latest guidance from NI Executive so we can all play our part to reduce the spread of this virus.



[Click here](#) to see information on our website about Testing and Contact Tracing
[Click here](#) to see a full selection of our advice sheets relating to volunteering during the pandemic.

Visit <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19> for latest guidance from NI Executive

Miss Out to Help Out

Volunteer Now are delighted to be involved with the [Miss Out To Help Out campaign](#) which encourages folk to miss out on their favourite TV show to help out in their local community. We're delighted to see Shirlee featured in the [stories section](#) telling about her volunteering with Omagh B-friend Hub!



Volunteering ... it's good for the body and soul!

Volunteer Now are encouraging people to consider volunteering as an option to taking their 5 steps to



wellbeing. Connecting with people and giving back not only helps others, but is proven to make us feel better about ourselves. [Click here](#) to find out more about how you can **Take 5**

Engage Now!

Are you interested in finding out how the NI Assembly works and want to find out how you can get your voice heard? [Sign up for one of their Engage Now sessions.](#) The December and January dates are already booked up, but booking reopens on 10 December for the February session.



Mid & East Antrim Loneliness Network

Volunteer Now, in partnership with Larne Community Development Project, successfully secured funding from the Northern Health & Social Care Trust to provide 'Afternoon Tea Boxes' to 25 individuals deemed lonely and isolated living within the Larne area; referrals will come from members within the Loneliness Network. We would like to thank the Northern Health & Social Care Trust and the Mayor of Mid & East Antrim, Mr Pete Johnston, for their support.



Get social with us!

We love it when you interact with us on [Facebook](#), [Twitter](#) and [Instagram](#) and share opportunities and news with your friends and family!



www.volunteernow.co.uk



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