







Volunteer Newsletter January 2021

As we reach the end of January and lockdown restrictions still in place, in this edition of our newsletter we want to inspire you with some volunteering possibilities to think about.

Volunteer involving organisations are continuing to get back on their feet with many recruiting for volunteers or trying out new ways of volunteer involvement. The message from Government is still very clear that we should all **stay at home** where possible, however, there are volunteering roles which can be carried out safely from home as well as a few roles which are permitted to provide voluntary services (read on for some current opportunities).

Volunteering is a great way of staying connected so do keep an eye on our social media channels where we are always sharing new opportunities and also check in on the <u>News section</u> of our website.

Your volunteering profile

Did you know that you can use your volunteer profile on Be Collective to create a social CV which keeps a record of all the volunteering you do?

Join us on Zoom for a session that will take you through how to keep your account updated, how to partner with organisations across NI and how to search through hundreds of volunteering opportunities.



Thursday 4th February 2-3pm.

Register for this Zoom session with sandra.faulkner@volunteernow.co.uk today.

Is love in the air?

Did you meet your partner through volunteering? We'd love it if you told us your story and sent us a photo! Contact julie.cusick@volunteernow.co.uk before 14 February.



The Diana Award

Do you know any inspiring young people who deserve a pat on the back for their volunteering work?

The Diana Award is the living legacy to Princess Diana's belief that young people have the power to change the world for the better and it's the most prestigious accolade a young person can receive for their social action or humanitarian work.



Find out more on our website (Nominations close on 12 March 2021)

Featured volunteering opportunities

To register for any of these opportunities, click 'apply now' in the opportunity description and the oganisation will come back to you with more information.

- Alzheimer's Society: <u>Side by Side Telephone Volunteers</u>
- FareShare: Food Heroes
- LAMP (Enniskillen) Veggie Food Pickers
- Foodstock <u>Organisational volunteer</u>
- National Autistic Society World Autism Awareness Volunteer
- Parkinson's UK Newry Support Group (Parkinson's UK also have other roles available in Belfast, Armagh, North Down or home-based - contact us and we can send you the links)

Find a full selection of volunteering opportunities by using the Opportunity Search <u>on our website</u> (to apply for any opportunities, click 'apply now' and enter your details on the Be Collective platform. Your details are then sent directly to the organisation advertising the opportunity and they will come back to you with more information).

Need some inspiration? Have a look at some of the <u>latest volunteering opportunities</u> in your area.

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

One for the knitters!

If you're wanting to keep your fingers busy during lockdown and have some spare wool at home, check out Age NI's Big Knit. Every year they ask folk to knit tiny woolly hats, which then get placed on top of Innocent smoothie bottles. For every be-hatted bottle sold, they receive 25p which helps them to

support older people to keep active, safe and well throughout the year.





Census 2021... coming soon!

This year, the census will have the option for you to complete the survey online (a paper version is still available if you prefer). Census Day will be on 21 March, but households across Northern Ireland will receive letters with online codes allowing you to take part from the beginning of March.



For more info visit 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.



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

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**

Get social with us!

We love it when you interact with us on <u>Facebook</u>, <u>Twitter</u> and <u>Instagram</u> and share opportunities and news with your friends and family!







www.volunteernow.co.uk

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