



MOURNE & DOWN AREA LATEST VOLUNTEERING OPPORTUNITIES

PARKINSON'S NI Support Group Helper (Newry & Mourne Support Group)

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK local groups offer friendship, support, and numerous activities for people affected by Parkinson's.

In Newry & Mourne, the group is a core part of the local Parkinson's community. Joining as a helper means you will be too - meeting new people and building new relationships.

You could be putting the kettle on, to give a warm welcome to new group attendees, or making sure the group activities run smoothly - all activities are open to you too.

This role is flexible, and can be tweaked to suit the time you have to give. Our staff and existing volunteers will be there to offer support. The friendly faces and warm welcome provided by support group helpers means attendees get the most from the group, with the activities on offer running smoothly. [/bit.ly/2Mh3csJ](http://bit.ly/2Mh3csJ)

ALZHEIMER'S SOCIETY

Side By Side Telephone Volunteer- NI

Leading the fight
against dementia
**Alzheimer's
Society**

As a Side by Side Telephone Volunteer you'll be regularly contacting people living with dementia, chatting with them about their interests and listening to what they want to talk about. You might also signpost them to other groups and organisations providing services and activities that they can benefit from.

You must be resident in Northern Ireland for this role

Are you interested in supporting people living with dementia, enabling them to feel less lonely? If you are and you feel confident using the telephone and enjoy talking with people then this role could be for you. Ideally you'll have good verbal communication and listening skills and be happy to work on your own. You can carry out this role from the comfort of your own home or in one of our offices. bit.ly/3obDwuV

MINDWISE (Downparick) IT Volunteer



Volunteer required to assist adults with mental health issues to learn or maintain basic computer skills on a one to one or group basis.

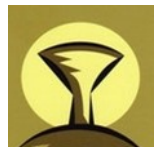
Tasks and responsibilities

- To support clients to learn or maintain basic IT skills such as navigating a PC, Tablet or iPad device.
- To support clients to set-up emails and be aware of internet safety.
- To prepare training materials required for the sessions.
- To adhere to MindWise policies including Data Protection and Social Media

bit.ly/3qBMYtG

RATHFILAND REGENERATION GROUP

PR Volunteer



All of the committee members are volunteers. It is a very rewarding experience giving something back to the community. We meet formally on the 2nd Wednesday of every month at 7.30pm. We meet informally most Saturday mornings to carry out practical tasks. We have many roles that you may want to help with from public relations, drafting funding applications, maintaining a social media presence to practical work with groups and classes, surveying the needs of the community or capturing video footage. Skills and experience gained. bit.ly/3saosjE



www.volunteernow.co.uk

Parkinson's NI Support Group Finance Contact (Newry & Mourne)

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Why we want you

Local groups are run by volunteers and offer friendship and support to people living with Parkinson's, their families and carers across the UK. The Support Group Finance Contact leads and guides the finances within the group and records financial activity accurately.

The skills you need

- ideally have previous financial or accounting experience, as well as a willingness to learn
- are effective communicators, as you will be working with a wide range of different people
- are collaborative and team focused, as you will need to discuss the group's finances with the group and Parkinson's UK
- are motivated and reliable, with strong financial, IT and organisational skills in order to help the group operate <http://bit.ly/39TlgkZ>

British Red Cross (Newry, Rostrevor, Kilkeel) Support At Home Volunteer



Could you help us to support someone experiencing a health and social care crisis? The service operates Monday to Friday 9 - 5. Minimum of 6 months commitment 3 hours per week.

You would provide practical support such as light shopping for someone who has been discharged from hospital.

You would reconnect people with their communities to help overcome loneliness.

You would help someone connect with other organisations who can offer them support with their long-term health condition

<https://bit.ly/2Kb93yJ>

TinyLife (All across Northern Ireland) Volunteer Drivers (Breast Pump Loan Service)



We are looking for Volunteer Car Drivers across Northern Ireland to support our Breast Pump Loan service for mums of premature babies. 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. Each pump costs around £1200 which means that offering a loan service makes these pumps accessible for families to use for very little cost at this most vulnerable and difficult time. <https://bit.ly/35pNwKH>

Royal National Institute for the Blind (RNIB) Technology Volunteers

R N I B
See differently

Technology gives us the power to access information, to exercise consumer choice, to plan independent travel, to enjoy global entertainment in the palm of our hands and to share our experiences. Our volunteers unleash this power, ensuring that blind and partially sighted people are not excluded from a connected world. Long before pac-man was eating pac-dots, volunteers were supporting people with sight loss to use technology. They help with a huge range of devices - from tablets to talking book players.

All across the country, our volunteers: help people set up new devices or troubleshoot tech issues remotely <https://bit.ly/3n68K75>

Guide Dogs NI (Downpatrick) - Fund Raising Group Secretary



Are you an organised person with strong administration skills who enjoys being part of a team? We're recruiting a volunteer secretary for our Downpatrick fundraising group! Fundraising secretaries do a fantastic job in keeping our fundraising groups running efficiently... from taking minutes, maintaining accurate records, booking collections and writing letters of thanks to our supporters, the tasks are engaging and most importantly you'll be making a real difference by helping Guide Dogs to provide life changing services to people living with sight loss bit.ly/3aasF0U

www.volunteernow.co.uk



Dementia NI — Fundraising Volunteer - Home Based during Covid- 19 Crisis



We are looking for enthusiastic volunteers to support our fundraising across NI. The purpose of the role is to support **Dementia NI**'s community fundraising plans. We welcome you and whatever you would wish to achieve via volunteering; experience, sharing of existing skills or using extra time you may have.

At **Dementia NI** we know that volunteers are vital to the smooth running of our organisation; they are essential to help support and enable our vision to ensure everyone who is living with dementia in Northern Ireland to receive accurate and timely diagnosis, have access to appropriate services and ensure people with dementia live well with the right support. **Dementia NI** empowers people living with dementia to have their say on what is important to them. <https://bit.ly/3sBldBW>

CRUSE Bereavement Care Bereavement Volunteers for Telephone Support



Cruse's key resource is its volunteers. None of what Cruse achieves would be possible without the passion, dedication and skills of our volunteers. We are looking for empathetic individuals with good listening skills to join our team of volunteers to provide ongoing telephone support to clients who have been bereaved across Northern Ireland. In return you will get great satisfaction from helping others, meet new people, access online training, build your CV and have dedicated supervisory support. bit.ly/2LLlth1

Newcastle Community Outreach - Various Volunteering Roles



Various Volunteering roles are available with Newcastle Community Outreach.

These include:

- ◆ Outreach volunteers,
- ◆ Centre support volunteers,
- ◆ Admin volunteers,
- ◆ Health and well-being coaches
- ◆ PR and social media volunteers

For more information please click on the following link:

bit.ly/32S7StY

National Autistic Society World Autism Awareness Week Volunteer—Homebased



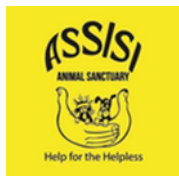
World Autism Awareness Week (WAAW) is the most significant week in the National Autistic Society's yearly calendar, both in terms of campaigning and fundraising. In 2021, WAAW will take place from **Monday 29 March until Sunday 4 April**. In the Supporter Fundraising team, we know that the more direct contact we have with our supporters, the more money we will raise. A volunteer in the WAAW 2021 team, who would enable us to reach more of our fantastic fundraisers, to support them with their plans.

To find out more about this volunteer role please click on the following link <http://bit.ly/3smKuAB>

“Volunteers do not necessarily have
the time; they have the heart.”

Elizabeth Andrew

Assisi Animal Sanctuary Charity Shop (Ballynahinch) - Retail Shop Volunteer



Be an integral part of the retail team; assisting in maximising sales and ensuring that all customers have a positive experience of Assisi Animal Sanctuary when visiting and shopping in one of our retail stores. bit.ly/31UWo9W

Disability Action NI Onside Volunteers Peer Advocate Volunteers



At *ONside, we support disabled people in our community to reduce social isolation by using digital technology. Peer Advocate Volunteers play a vital role in helping us achieve this aim. As a Peer Advocate, you will share your knowledge of the online world, offer companionship and help people who would otherwise be isolated to stay in touch with loved ones and the wider community. bit.ly/3nuuSri

Hourglass NI - (Homebased) Helpline Volunteer



Our Helpline volunteers are often the first port of call for vulnerable older people (or perhaps worried family members or carers). They provide a listening ear, emotional support and explore various sources of help. You don't need to be expert – just compassionate, understanding and have an interest in issues affecting older people. We'll provide full training, and you'll have extensive support from our staff and other volunteers in the team. <https://bit.ly/37O4S4n>

MS SOCIETY Campaigner Volunteer



Do you have a great idea to benefit people living with MS? At the MS Society, we campaign on a range of issues like welfare, treatments, care and support that people with MS need. We want to do more locally and want to support your ideas on making change happen. Together we can do more. Perhaps you've spotted there are no blue badge spaces at your local supermarket? Or maybe your neighbourhood has no kerbs easy for wheelchairs to use? In this volunteer role, you'll help drive change for people with MS in your community and develop your networking and influencing skills. [/bit.ly/3smKuAB](http://bit.ly/3smKuAB)

GOOD MORNING DOWN Volunteer Telephone Carer



Volunteers will build relationships with our members during this friendly chat, check on their well being, show a genuine interest in them and pass on relevant community information. Advise our members of the other agencies or services that can support or advise them if needed. Phone their nominated contacts (usually family, friends, neighbours etc) if our member does not answer their phone at the agreed time. These contacts can then advise us if they know our members whereabouts or they can go round to their home to check they are OK bit.ly/34aLHAq



Organisations may introduce additional measures to ensure these volunteering roles meet good practice particularly in relation to Covid-19.

**For more information about volunteering in the Newry & Mourne areas contact:
Clara O'Callaghan T: 07999 118485 E: clara.o'callaghan@volunteernow.co.uk**



Supported by the Northern Ireland Executive
through the Department for Communities