



MOURNE & DOWN AREA LATEST VOLUNTEERING OPPORTUNITIES

Bolster Community **Volunteer Driver**



Since 2004, we've had the privilege of helping countless individuals reach their full potential. From early years right through to later years, we support and strengthen people facing life's tough challenges. Bolster Community (previously known as SPACE NI), has grown from a small campaigning organisation in Warrenpoint, to a key third sector agency providing services, support, training and leadership on community development, resilience and well-being.

Our services are centered around supporting three categories – Family, Ability and Seniors.

Signposting and practical support to older members of the community are delivered through our Seniors services. Comfort Zone is a social group bringing seniors together to make new friends and enjoy some company.

Home2Hospital, a driver service for those over 60 who live in rural Mournes and Slieve Gullion, is a lifeline to many. Home2Hospital is a vital service taking older people from Slieve Gullion, Kilkeel and the surrounding areas to out of area hospital appointments.

Is this something that you think you can support us with? Join our Volunteer driver team today!

bit.ly/3qNs6wX

1st Mourne Rainbows **Volunteer Treasurer/** **Book-Keeper**



Could you help our wonderful unit with our accounts?

We have a modest income and basic outgoings so this is not a time consuming role. We just would appreciate the help as the team are busy organising and delivering our sessions. It would be great if someone could take a couple of hours a month to keep our finances up to date and prepare for end of year reports.

At the moment the role is home based due to regulations. To find out more click on this link

bit.ly/38meFjd

Kilkeel & Mourne **Sea Cadets** **Charity Trustee**



The purpose of this organisation is to promote the development of young people aged 10-18 in achieving their physical, intellectual and social potential as individuals and as responsible citizens by the provision of education and leisure time activities using a nautical theme.

We provide access to education and training in a wide range of areas which may include but are not exclusively: sailing (inshore and offshore), paddle sports, power boating, seamanship, navigation, marine engineering, cooking, music, first aid, drill, and piping to name a few..

We provide opportunities for our young people to obtain a range of qualifications, some of which are nationally accredited and recognised, such as B-Tec and Duke of Edinburgh Award.

bit.ly/3j1D2c4

The National Trust (House Castle Ward) **Visitor Experience Volunteer**

This is an enjoyable and rewarding opportunity for prospective volunteers who would like to enjoy the role of Room Steward. They will have the opportunity to experience the interiors and collections at Castle Ward from close quarters, and will become the vital link between our stories, objects, acting as explainers to the visiting public. They will meet new people and will become part of an existing group of dedicated volunteers. They will interact with the wider house team, becoming a valued and integral part of the department. Volunteers will be given access to training and talks within the department, from history, to visitor experience, conservation and historical re-enactment.



There is also opportunity to work within the wider teams at Castle Ward, and to link up with other properties like Murlough NR and the Mournes.

bit.ly/3hx1xwP

Hourglass 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 in abuse or the support framework for victims – 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.

If the following apply to you, then we want to hear from you:

- you are aged 18 or over;
- you enjoy working with older people;
- you have excellent communication skills;
- you can build a rapport with older people, and or people in distress;
- you can provide empathy, advice, support or just be someone who can listen;
- you are willing to undertake comprehensive training to provide you with the relevant knowledge and skills to handle helpline calls.

We're looking for home based volunteers throughout Northern Ireland. Can you offer your time for just one shift a week?

We'd like you to take calls for a minimum of half a day (4 hours), at least one day a week (Monday – Friday (09:00-13:00/13:00-17:00)).

To apply please click here bit.ly/2Sjrtlo

Newcastle Community Outreach Social Media Volunteer



Our Social Media volunteers will be creative and passionate about the young people living in Newcastle, Co. Down.

We are looking for someone with excellent communication skills who will be able to engage with the youth in our community via posts on various social media channels. Through your drive and determination you will increase awareness of Newcastle Community Outreach in the area and you will communicate to the locality the wonderful achievements of our team of volunteers.

bit.ly/3x5zTM6

Down Community Transport Volunteer Drivers (Ballynahinch, Castlewella & Newcastle)



Volunteers give their time freely for the benefit of others, using their own car, to provide safe, essential door-to-door transport for passengers identified by Down Community Transport as having difficulties using public or other forms of transport.

Hours: As Required/Available

Location: Volunteers will be based at their home. The journeys will be within the drivers local community area with longer journeys to Belfast Hospitals as required.

Skills: A confident, helpful and caring manner
Good interpersonal and communications skills
Sensitive to the needs of others, including mobility need of people with disabilities and a commitment to their equal rights
Adaptability and flexibility

Expenses: Volunteer drivers are reimbursed motor-ing expenses at the agreed rate per mile allowance.

To find out more click [here](#) for Ballynahinch driver role; [here](#) for Castlewella driver role and [here](#) for Newcastle driver role

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

Butterfly Conservation NI Committee Secretary



We are a group of volunteers working to deliver various nature conservation activities.

We have a Committee that runs the activities and would like to attract someone to take on our Secretary role. It would suit someone who has good attention to detail and an interest in wildlife.

We are a friendly bunch and most of our meetings are held by video conference so there is little travel required.

Tasks and responsibilities:

- ♦ arranging meetings and ensuring all necessary materials available
- ♦ producing agendas and taking minutes
- ♦ sending out welcome packs to new members

To find out more please click on the following link:
bit.ly/3bNrbsQ

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/3gBMYtG

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

Parkinson's NI (Newry & Mourne) Support Group Helper



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



www.volunteernow.co.uk

The Compassionate Friends National Helpline Volunteers

The Compassionate Friends (TCF) is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause. Many people who have suffered the loss of a child feel a bond with others in the same situation and wish to extend the hand of friendship. We offer support, both directly to bereaved families, and indirectly by fostering understanding and good practice amongst professionals concerned with child death and by increasing public awareness.

Our National Helpline provides support and information to bereaved parents, siblings and grandparents, and professionals working with families, every day of the year.

If you would like to volunteer with us by donating just a few hours per month, answering calls from your own home, we would love to have you as part of our wonderful Helpline Team – helping us to continue providing a professional, helpful, warm and caring response to callers. We ask that helpline members have lost a child of at least 3 months old up to an adult child. We ask too that you commit to at least 3 helpline sessions per month (each session is 3 hours long with additional time required for admin follow up).

bit.ly/3wsyFKB



The Compassionate Friends Local Support Group Facilitator

A support group facilitator runs (often with one or more other facilitators) a monthly support group meeting for bereaved parents, siblings and/or grandparents. Support group facilitators create a caring, safe and supportive atmosphere that encourages group members to share their grief and experiences. A support group facilitator will do more listening than talking and will be resilient and comfortable listening to the experiences and feelings of others.

We offer all support group facilitators an Information and Training Day which equips you with the information and skills to run group meetings, as well as guidance in applying one's own experience to support others. The facilitator also has the support of our regional coordinators and TCF office staff. The group facilitator role is a very rewarding one, and epitomises the best of peer support. In supporting others, we also support ourselves.

We are looking for bereaved parents who are at least 3 years on from their own bereavement and who are feeling more 'resilient' around their loss.

bit.ly/33ZKETI



The Compassionate Friends Local Support Volunteers

Local Support Volunteers befriend and support other bereaved parents in their local area. You will be using your own experience and ways of coping to be alongside another bereaved parent through offering empathy, understanding, reassurance and hope. Your support will be offered via telephone, email or face-to-face meetings.

Bereaved parents may be referred to you by our national helpline, through word of mouth or because you have publicised your support locally. You will be supporting newly bereaved parents in the first months of their loss as well as parents who are longer bereaved. The parents you will be supporting will have lost a child aged between 3 months old up to an adult child. Their loss may be through any circumstances. Some parents may only require support for a short period of time, others will need your support for longer.

bit.ly/3yrSQtH



Cats Protection (Downpatrick) Branch Team Leader



At Cats Protection we help thousands of cats and kittens each year thanks to our dedicated and passionate volunteer groups.

We have over 250 branches across the UK, all of which help our feline friends in different ways.

Branches take in stray and abandoned cats and ensure they receive the veterinary care and attention they deserve, help raise funds, promote neutering and help spread cat welfare messages.

Our branch team leader volunteers lead their local team by supporting and managing volunteers within their group, maintaining communications with both volunteers and staff and helping promote a positive and professional image of Cats Protection.

bit.ly/3vL9OSc

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

Cats Protection (Downpatrick) Trap, Neuter, Return Volunteer (TNR)



Unfortunately thousands of cats each year are abandoned or have strayed and rely on charities like Cats Protection for help. Becoming a TNR volunteer is one way you can make a real difference to cats in your local area. Our TNR volunteers help reduce the number of feral cats by raising awareness of our TNR programmes, setting humane traps to safely capture cats, taking them to local vets to be neutered, and hopefully returning them back to their territory. Local TNR programmes are crucial, as feral and abandoned cats present a huge challenge for communities across the UK.

Tasks and responsibilities

- Trapping cats using humane methods
- Taking cats to local vets to be neutered
- Returning cats to their territory or finding a suitable alternative
- Regular feeding of feral colonies
- Promoting neutering by building relationships with farmers, land owners and local businesses
- Liaising with vets to promote and arrange neutering

bit.ly/3vnEcSq

CoderDoJo Champion/Volunteer



The CoderDoJo movement believes that everyone should have the opportunity to code and create with technology. It's increasingly important in the modern world and much easier to learn these skills early. We've built a global network of free, volunteer-led, community-based programming clubs for young people.

Anyone aged seven to seventeen can visit a Dojo where they can learn to code, build a website, create an app or a game, and explore technology in an informal, creative and social environment. CoderDoJo is part of the Raspberry Pi Foundation.

Champions make sure that everything comes together on the day so that the Dojo can run. They're the organiser and provide the perseverance and enthusiasm to start a Dojo and keep it running. It's not a huge time commitment, usually just a few hours a month. Most Dojos will also have at least one technical mentor who will help with the projects and activities that the ninjas will work on.

To find out more click here [/bit.ly/34CaoWs](http://bit.ly/34CaoWs)

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

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

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

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 - 5pm. 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. Reconnect people with their communities to help overcome loneliness and help someone connect with other organisations who can offer them support with their long-term health condition

bit.ly/2Kb93yJ

Royal National Institute for the Blind (RNIB) Technology Volunteers

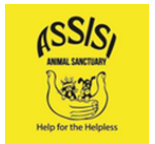
RNIB
See differently

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. 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 bit.ly/3n68K75

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/31UW09W

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

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

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



Supported by the Northern Ireland Executive
through the Department for Communities