

**VOLUNTEERS
NEEDED!**

Latest Volunteering Opportunities (Mourne & Down)

Autumn 2023

For a full selection of volunteering opportunities, use the Opportunity Search on volunteernow.co.uk Need a hand? Use the Contact forms on our website or email info@volunteernow.co.uk

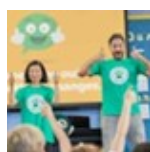
VOLUNTEER NOW
think · act · do



Secretary to the Board of Trustees – Hope4me&Fibro NI (NI Wide)

We support patients suffering from M.E., Fibromyalgia and Long Covid in our community, by providing expert speakers at monthly meetings (currently delivered by Zoom) to enable patients to best self-manage their condition. We campaign for specialist NHS services in Northern Ireland for this large patient population and fundraise for biomedical research.

For more info: <https://tinyurl.com/je2b7h9f>



Schools Service Volunteers - Speak Out. Stay Safe. – NSPCC (NI Wide)

We need someone like you to help us protect a generation of children from abuse and neglect. As a Speak out. Stay safe. volunteer, you will visit primary schools to deliver *Speak out. Stay safe.* workshops that teach children about the different types of abuse and how they can speak out and stay safe. For more info: <https://tinyurl.com/2yvvr5ve>



Befriending Volunteer – MS Society UK (NI Wide)

Could you spare one or two hours a week to provide support to those affected by MS? If so, the MS Helpline team would love to hear from you. We're fighting for better treatment and care to help people with MS take control of their lives, and we're funding research that we believe will stop MS for good. With your support, we will stop MS. For more info: <https://tinyurl.com/3b8f6d74>



Volunteer Drivers – Cancer Focus (Newcastle)

Our volunteer drivers provide essential transport for cancer patients to and from their appointments, helping to take away that stress and worry. Appointments will usually take place Monday - Friday during normal office hours but we are sometimes asked to provide transport outside of these hours. It is essential that volunteers are 21 or over and have a full driving license and access to a comfortable and roadworthy vehicle.

For more info: <https://tinyurl.com/bdfp6y23>



Regional Charity Champion – Deafblind NI (NI Wide)

Deafblind UK support people who have combined sight and hearing loss -we help them to live with their condition and to build their confidence and independence. As a Regional Charity Champion, you will be the vital link between Deafblind UK and your local community. You will champion and advocate the work and services that Deafblind UK offers.

For more info: <https://tinyurl.com/mpkpssna>



Near you Hearing Aid Support Volunteer SHSCT – RNID

Help us offer a free, in-person drop-in service for people who are deaf, have hearing loss or tinnitus, or want to get their hearing checked. You will be - maintaining hearing aids, helping people check their hearing, informing people, meeting and greeting and administration. You don't have to do all of these activities – you can pick the activities you find most interesting and match your skills and experience. For more info: <https://tinyurl.com/mshm2b9w>

For more information about volunteering in the Mourne & Down areas contact:

Clara O'Callaghan on 07999 118485 or

Email: Clara.O'Callaghan@volunteernow.co.uk

Office hours: Mon-Fri 9.00am - 4.30pm



 **Northern Ireland
Executive**
www.northernireland.gov.uk

Supported by the Northern Ireland Executive

Registered office: Skainos Centre, 239 Newtownards Road, Belfast, BT4 1AF

Charity Registration No. NIC101309

Company Limited by Guarantee No. NI602399

This information is only relevant at the time of publication

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