



Volunteer newsletter

January 2024

Welcome to our newsletter for volunteers throughout Northern Ireland.

Happy New Year!

The beginning of the new year often means new and broken resolutions as we aim to do more, be better and achieve our goals. However, we are not asking for you to give the impossible but to talk to organisations about the time you can give. Working together is important to make a dream partnership creating real impact for everyone, including you.

Did you see our Belfast Telegraph article? Check it out [here](#).

Everyone can be their own version of an Elodie or Karolyn, giving whatever time they can to do things they love. You'll find lots of organisations and opportunities on our website and our team are happy to support you too.

We hope you have a wonderful 2024!

Do you live in Downpatrick?

Do you have 2 hours free each week from now until the end of March? Would you enjoy pottering around Downpatrick showing families new to the area what your town has to offer? Imagine arriving to a new country and new town - what info would you like to know? You can help refugee families find their way in their new home and help them settle in. Be part of a team supporting refugee families in the area. Training is beginning this week with families being matched over the next couple of weeks so be sure to jump on board. Find out more [here](#).

Volunteering Opportunities at Events



Volunteer at some of the great events taking place across Northern Ireland! There are lots of large and small events and festivals that just couldn't take place without the support of volunteers. Have a look at our [Events Calendar](#) to see what's coming up. Most of these are one-off events - bring a friend and enjoy the craic! And if there's nothing there you fancy at the minute, check back in a week or two as this calendar is always being added to!

Forthcoming events include...

- NI Chest Heart & Stroke's [Red Dress Fun Run](#) in February
- [The festival of Fools](#) at the beginning of May
- And if you're a football fan, get your name down now for the [UEFA European Under 19 Championship](#) in the summer!

Volunteering with Deafblind NI

Nearly 400,000 people are living with dual sensory loss in the UK, and Deafblind UK's volunteers really do change people's lives. They show their members that someone cares about them and wants to help them. Their team of home befrienders provide a friendly face and reliable relationships with people who would otherwise be socially isolated. Join Deafblind NI's amazing team of volunteers and make a real difference in your community. You don't need any special skills other than being a good listener and enjoying a good chat!



To view Deafblind NI's volunteering opportunities, go to the [opportunity search](#) on our website and type **Deafblind** in the 'what are you looking for' box. Or feel free to [email us](#) letting us know where you live and we can send you a link.

Already volunteering in a group?

Volunteer Now are offering Link, Lunch and Learn opportunities for volunteer organisers within organisations so that they can learn and connect. If you are part of

a group please encourage your volunteer manager/organiser/support to come along.
[Click here](#) for more information.

Be More Substance Savvy

This training session from Inspire Wellbeing is suitable for staff / volunteers and users of services from organisations working with the 50+ age group in the **Western Trust & Southern Trust** areas.



This free 2 hour session will help participants to:

- become more alcohol and drug aware
- improve their self-care skills
- gain awareness of issues and supports around mental health & alcohol/ substance use.

To find out more contact Jenny at Inspire Wellbeing on 07834 181303, email j.groves@inspirewellbeing.org or visit their website www.inspirewellbeing.org

Join the #iwill movement today!

The #iwill movement, made for young people by young people, aims at empowering, supporting, and amplifying youth social action! If you are aged between 10 and 25



and you want to make a positive difference in our society, you can [become an #iwill champion!](#)

Whether you are collecting items for a foodbank for the first time, or whether you are a young trustee of a national charity, your social action matters and your role would be to encourage others to get involved too, share your story and take part in NI events and activities. You'll get free access to resources, training, and opportunities to get visibility around your social action, whether it's fundraising, campaigning, or volunteering in an organisation or an informal group.

You can sign up as a Champion here: <https://www.iwill.org.uk/join-iwill/become-an-iwill-champion/> or contact Matthew, our Volunteering Participation Officer, at matthew.williams@volunteernow.co.uk

Inspire others ... share YOUR story!

Do you enjoy your volunteering? Do you have a journey to share that you think would inspire and encourage others to take their first step into volunteering? If yes, then get in touch with us! We're looking for volunteers who are willing to share their stories on our social media sites, speak to the media including local radio and other opportunities that may arise. Drop Jane an email: jane.gribbin@volunteernow.co.uk for a chat.

Featured volunteering opportunities

To apply for any opportunities on our website, 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.

Cats Protection Belfast Adoption Centre - [Kitten hand-rearing](#), [Fundraising event helper](#) or [Trap, neuter & return volunteer](#)

Polish Angling NI - [Angling volunteer](#)

NSPCC - [Speak Out Stay Safe volunteer](#)

Sólás - [Session volunteer](#)

Community Advice Ards & North Down - [Volunteer Advisors](#)

Cancer Focus - have a number of volunteer driver roles throughout NI including [Newcastle](#), [Newtownards](#), [Belfast](#) and [Antrim](#)

RSPB - [Co Down Farmland Bird Surveyor](#)

PAL Project Befriending - [Group Activities Volunteer](#)

Find a full selection of volunteering opportunities by using the [Opportunity Search](#) on our website

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



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

Step by Step Guides

We have put together a quick guide to using your volunteering account on Be Collective and how to search for volunteering opportunities. You'll find it on our website at www.volunteernow.co.uk/volunteering/inspire-me/



If you are aged **under 16**, there is a slightly different application process due to child protection issues and you can find the guide for younger volunteers at <https://www.volunteernow.co.uk/volunteering/youth-volunteering/young-volunteers/>

If you need any help searching for opportunities or with using your Be Collective account, please let us know - contact info@volunteernow.co.uk or phone 028 9023 2020

And don't forget, if you are under 25 years, the Volunteer Now Impact Awards can recognise you for your commitment. Simply join the [Volunteer Now Impact Awards group](#) once you've signed up on Be Collective and remember to tick the box to share your hours.



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! (If you haven't visited us for a while, please do pop over and see what's new!!)



Feel free to share this newsletter too!

all links to volunteering opportunities are current at time of publication

www.volunteernow.co.uk

VOLUNTEERING >>> Give it a Go!

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