

Here are a few volunteering opportunities currently available throughout Northern Ireland. For a full selection of opportunities, have a look at the Opportunity Search on [volunteernow.co.uk](http://volunteernow.co.uk) If you need any assistance finding or registering for an opportunity, let us know and we can help!



### RNID

Could you help RNID 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? They are currently looking for Near you Hearing Aid Support Volunteers in all areas of Northern Ireland.

<https://tinyurl.com/mrhasavjs>



### CHEST HEART & STROKE

Could you help to rebuild people's lives after stroke? PREP is Northern Ireland Chest Heart & Stroke's physiotherapy led, community based course which helps rebuild people's lives after stroke, through exercise and education. <https://tinyurl.com/bdj8uhh4>



### EPILEPSY ACTION

Could you give a hand at one of Epilepsy Action's family events? These will bring families with children that have epilepsy together to help share their experiences and get support. Forthcoming events include Snowtubing at Craigavon Golf Club and Ski Centre (20 Apr) and Belfast Zoo family event (22 June). <https://tinyurl.com/5n8e9mbt>



### PARKINSON'S UK

Parkinson's UK local groups provide friendship, support and activities to people affected by Parkinson's - but only once people have found out about them. Put your marketing and communication skills to use to promote your local group. <https://tinyurl.com/mvsvd4ayz>



### MS SOCIETY

Are you a good listener? Could you spare two or three hours a week to provide emotional support and information to those affected by MS? If so, the MS Helpline team would like to hear from you. <https://tinyurl.com/365wyrx9>

### VOLUNTEERING AT EVENTS



Check out the Events Calendar on our website for opportunities to volunteer at some of the great events coming soon to Northern Ireland! Most of these are one-off or short-term volunteering opportunities. [https://bit.ly/NI\\_Calendar](https://bit.ly/NI_Calendar) ... and if there's nothing there you fancy at the minute, check back in a few weeks as the calendar is always being added to!

### Contact Volunteer Now:

- 028 9023 2020
- [info@volunteernow.co.uk](mailto:info@volunteernow.co.uk)
- The Skainos Centre, 239 Newtownards Road, Belfast BT4 1AF



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