



## Volunteer newsletter



Spring 2024

**Welcome to our newsletter for volunteers throughout Northern Ireland.**

It's the BEST time to get started in volunteering!!

The **Big Help Out** is back again this year! This year it brings Volunteers' Week to a close: 7-9 June and [on our website](#) you will see that opportunities are being tagged with the Big Help Out logo. There is an amazing event with The Conservation Volunteers on the 7<sup>th</sup> at their Grey to Green site (Kent Street Belfast) where you can come along and see what is happening, get involved and meet other volunteer involving organisations. On the 8<sup>th</sup> you can visit the D-Day celebrations in Enniskillen and also visit the community and voluntary organisations that will be there, and on the 9<sup>th</sup> you can join us as we support the 5k race in Belfast. This is just a snapshot and organisations big and small would love your support at any time - not just that weekend!

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### **How long have you been volunteering?**

We are looking for volunteers who have been giving their time for 40 years or more to share their journey on what is the 40<sup>th</sup> anniversary of Volunteers' Week. If you or someone you know has been volunteering for 40 years or more then please get in touch with Jane: [jane.gribbin@volunteernow.co.uk](mailto:jane.gribbin@volunteernow.co.uk)

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**Volunteers are more satisfied with their lives!**

New research from NISRA shows evidence for the link between volunteering and life satisfaction, self-efficacy and locus of control.

The evidence shows that overall volunteering is a really positive

activity for everyone. The report does not look at the reasons leading

to these findings, it may be because of fulfilling activity or friendships however the results are consistent with other earlier data as an impact of volunteering. To view the full report, [click here](#).



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## 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 in the calendar include...

- [Belfast 5k and 1k street races](#)
- [Bluegrass Omagh](#)
- [Belfast City Marathon](#)
- [NI Mental Health Arts Festival](#)
- ...and much more!

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## Volunteering with 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. Give a couple of hours each week and make a real difference to others. Full training provided.

[Click here](#) to see locations where help is needed.



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## Volunteer Spotlight: Jim McAleenan, Volunteer Driver

[Click here](#) to read Jim's story about why he volunteers with Volunteer Now's driving scheme. And if it sounds like something you could give a few hours each week to, we'd love to hear from you! (Belfast and Bangor)



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## 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](mailto:matthew.williams@volunteernow.co.uk)

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## 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.*

**Armagh Rural Transport** - [Car Drivers](#) and [Board Members](#)

**CO3** - [National Children's Bureau NI Trustee](#)

**All Ireland Institute of Hospice & Palliative Care** - [Voices4Care](#)

**Belfast Tool Library** - [Tool Librarian](#)

**Belfast Lough Sailability** (Carrickfergus) - [Sailing volunteer](#)

**Safe & Well - SEHSCT** - Befriending volunteers in [Bangor](#), [Lisburn](#) or [Downpatrick](#) areas ([click here](#) to read their Volunteer Story)

**AbilityNetNI** - [Tech Support Volunteer](#) (volunteering opportunities throughout NI but especially needed for the Armagh area and Fermanagh areas)

**Glenside Farm** (Comber) - [Farm Support Volunteer](#)

**Enniskillen Credit Union** - [Credit Union Volunteer](#)

**Cancer Fund for Children** - [South Down Volunteers](#)

**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](mailto:info@volunteernow.co.uk) - just let us know where you live and we can send you a few opportunity suggestions

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## 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/](http://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](mailto: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. 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](http://www.volunteernow.co.uk)

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IMPACT AWARDS



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