

Here are a few volunteering opportunities currently available in the North Down & Ards area. For a full selection of opportunities, have a look at the Opportunity Search on volunteernow.co.uk. If you need any assistance finding or registering for an opportunity, let us know and we can help!



Green Gym Garden Volunteer - Ulster Folk Museum (Cultra)

The Green Gym at the Ulster Folk Museum is a great way to learn new skills, meet new people and help restore our cottage gardens to produce the heritage fruit and vegetables that they would have 100 years ago. In partnership with The Conservation Volunteers we host a "Green Gym" session at the Folk Museum every Friday.

<https://tinyurl.com/yvfr4wjz>



Vaccination Clinic Volunteers – Bloomfield Surgery (Bangor)

Volunteers required across a number of Tuesday's in October and November at Bloomfield Surgery Bangor. You help with coordinating large volumes of patients attending to receive their vaccinations, help with consent forms and direct patients on where to go. <https://tinyurl.com/ycyz7kw4>



Bloomfield Tesco Collection for World Stroke Day 2024 - NICHS Bangor

In commemoration of World Stroke Day 2024, we are looking to raise £10K to support our stroke care teams and PREP programmes by setting up collection stands in Tesco stores across NI on 29th October. Table and chairs will be provided - it is not necessary to stand. <https://tinyurl.com/23yu84dk>



Building Connections Volunteer Befriender – NSPCC

We need someone who wants to make a difference to children's lives by supporting them with their feelings of loneliness. As a volunteer befriender you will explore with a young person their strengths and vulnerabilities, current sources of support, resilience and goals, and steps they can take to help overcome feelings of loneliness.

<https://tinyurl.com/yhy728dd>



Virtual Buddy Volunteer – SENSE

Sense Virtual Buddying volunteers make a real difference to supporting young people and adults who may be lonely or isolated. Sense matches volunteers with disabled people to meet for an hour a week on Zoom, over phone, by email, text or letter writing. Sense matches each volunteer with someone who has similar interests, to make sure you have a great time. <https://tinyurl.com/5bhy3d2s>

For more information about volunteering in the **North Down & Ards** area contact our Volunteering Support Officers:

- **David Moore:** david.moore@volunteernow.co.uk / 07850 851823
- Or contact our Head Office: 028 9023 2020 / info@volunteernow.co.uk



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



Wellness Session Volunteer – NICHS Ards

NICHS care services offer those affected by chest heart & stroke conditions to take part in a programme of activities and socialise with those who have been through a similar experience. Under the supervision of a co-ordinator, volunteers assist those attending the session to participate in the activities arranged. Volunteers must have the ability to take direction and carry out instructions. <https://tinyurl.com/3b8t6h5e>



Volunteer Drivers – Cancer Focus (Newtownards area)

Cancer Focus NI wants to hear from people in the Newtownards area who are interested in becoming volunteer drivers with their patient transport service. Volunteer drivers ease the worry, stress, and expense of travel for cancer patients by providing vital transportation to and from their hospital appointments.

For more info: <https://tinyurl.com/3jmcxx9z>



Bowel Cancer Awareness Talk Volunteers – Bowel Cancer UK (NI Wide)

This role is part of our wider awareness programme and is crucial to meet our strategy aims of increasing awareness and understanding of bowel cancer across the UK. This flexible opportunity enables you, as a volunteer, to represent Bowel Cancer UK both nationally and at a local level, by delivering PowerPoint presentations. We have a number of different roles within our awareness program, supporting our roadshow, awareness talks and information stands. For more info: <https://tinyurl.com/4xk53tpy>



Parent to Parent Emotional Support Helpline Volunteers – National Autistic Society (Anywhere)

We are looking for volunteers for our Parent to Parent Emotional Support Helpline The helpline is a UK-wide confidential telephone service which provides emotional support to parents and carers of autistic children (which includes grown up children). For more info:

Helpline Volunteer: <https://tinyurl.com/4zww4zxj>

(Requirement of the above role is that you are the parent or primary carer of an autistic child including adult children)

Data Entry Volunteer: <https://tinyurl.com/mw59x9ss>



Nettlefield Textile Volunteer – Ulster Folk Museum (Cultra)

Our Nettlefield Group meet on Tuesday's to work on various embroidery, crochet, and other crafting projects. Volunteers work on projects such as Rag Rugs, Cushions, Christmas decorations as well as learning new skills and intricate patterns. The items created by the group are used to decorate various buildings on the Ulster Folk Museum site or contribute to event decoration. <https://tinyurl.com/327jwdu>

Volunteer Now, Skainos Centre, 239 Newtownards Road, Belfast BT4 1AF

Tel: 028 9023 2020

Email: info@volunteernow.co.uk

Office hours: Mon-Fri 9.00am - 4.30pm



Supported by the Northern Ireland Executive through the Department for Communities