

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!



OUT & ABOUT COMPANION – Abbeyfield & Wesley (Bangor)

Abbeyfield & Wesley is a member of the Abbeyfield movement, a national charity dedicated providing housing and support for older people. This role will involve spending time with a resident or residents, taking them out to the shops, going for a walk or a coffee. Our residents live independently but may need a little support when going outside. Other residents may simply enjoy the opportunity to have a change of scene with a friendly new face! Talking to people and forming relationships of trust and friendship are important aspects of this role. For more info: <https://tinyurl.com/2sa26847>



INDEPENDENT REPRESENTATIVE SCHEME – NIACRO (Bangor)

The Independent Representation (IR) Scheme aims to ensure that the views, opinions and concerns of young people in Lakewood Secure Care Centre are heard, receive serious consideration and are responded to in a considered way. Volunteers will deliver activities, encourage involvement in shared activities, keep records of visits and attend training/supervision when required. For more info: <https://tinyurl.com/58s7cn9h>



VOLUNTEER GARDENER – Abbeyfield & Wesley (Bangor)

Abbeyfield & Wesley is a member of the Abbeyfield movement, a national charity dedicated providing housing and support for older people. We believe in the importance of making time for older people, and our volunteers play a vital role in doing just that. We're looking for someone who loves gardening and has a couple of hours a week to spare to help keep our gardens looking lovely for our residents. We also want to use our gardens and outdoor spaces to play our part - being pollinator friendly and contributing to the biodiversity of the local area. For more info: <https://tinyurl.com/ywky5pc6>



VOLUNTEER CO-ORDINATOR – Bangor Foodbank & Community Care

Bangor Foodbank and Community Support exists to help people who find themselves in need of help and support through poverty and lack of funds. This role involves overseeing the management and well-being of the volunteer workforce. The role may involve travel to and from meetings with key stakeholders, locally and regionally and possibly attendance at Trussell Trust events across the UK. For more info: <https://tinyurl.com/3xpfhphu>

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

- **Jamie Greer:** jamie.greer@volunteernow.co.uk / 07850 851823
- **Aislinn Byrne:** aislinn.byrne@volunteernow.co.uk / 07850 851830
- 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>



TRANSPORT STORES TOURS VOLUNTEER – National Museums NI

We're opening the doors to NI's Transport and Industry Store for self-guided tours and we want you to help us make it an experience to remember. Our Transport and Industry store is a treasure trove of thousands of automotive, aeronautic and industrial collections that highlight our history of invention in this part of the world. Volunteers will support us to welcome audiences in a safe and enjoyable way into the stores we need additional support to keep both our visitors and our collections safe. <https://tinyurl.com/479kye9u>



BOWEL CANCER AWARENESS TALK VOLUNTEER – 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/4zww4zxi>
(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/327jwdpu>

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



Northern Ireland
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