

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!



TELEPHONE BEFRIENDER – Bangor Foodbank & Community Support

Bangor Foodbank and Community Support exists to help people who find themselves in need of help and support through poverty and lack of funds. However, BFCS is much more than 'just a foodbank'. We work with community partners to help people avoid getting in to poverty, parenting advice, supporting mental health initiatives and opportunities to develop new skills. As a Befriender Volunteer you will provide a friendly, listening ear to individuals who have recently accessed our food bank services.

<https://tinyurl.com/6syb75z2>



BUCKET COLLECTIONS VOLUNTEERS – Air Ambulance NI

Join Air Ambulance NI for our 'Go Red Day' with Tesco on Saturday 13th September at Tesco's Bloomfield, Bangor and Tesco's Newtownards. We are looking for some volunteers to help with bucket collections. 2hour shifts. No experience is needed to help, just a friendly smile and a desire to support Air Ambulance NI.

Bangor: <https://tinyurl.com/2ty49ajy>
Newtownards: <https://tinyurl.com/j7dsmmwa>



BECOME A SPORTED VOLUNTEER – Sported NI (Anywhere)

We are the UK's largest network of community groups supporting half a million young people to overcome barriers to reach their full potential. If you've 3 or more years' professional and/or lived experience in **Planning (Business / Strategic) and/or Governance**, we'd love to hear from you: Sported members are led by an incredible group of passionate and dedicated people who do amazing work in their communities, transforming the lives of young people in neighbourhoods across the UK.

<https://tinyurl.com/2sjm54nb>



SALES FLOOR VOLUNTEER – British Heart Foundation (Newtownards)

Our volunteers help us fund lifesaving science to improve the lives of families and loved ones living with heart and circulatory disease. Our Sales Floor Volunteers are the first point of contact for customers when they enter our shop. You will be greeting customers and helping them find the items they're looking for. Volunteering with us is easy, flexible, and inclusive. If you can spare a few hours a week, or a couple of hours occasionally, we'd love you to join our volunteer team. <https://tinyurl.com/4b645zef>

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



Follow us on Facebook:



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



SUPPORTER CHAMPION VOLUNTEERS – Teenage Cancer Trust (Anywhere)

Could you support Teenage Cancer Trust by becoming a Supporter Champion volunteer. We are looking for volunteers who can help us to share volunteering opportunities, news and updates from the charity via social media. All you need is a device with an internet connection to be a Supporter Champion.

<https://tinyurl.com/4uuwdy9p>



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>

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