





## **Telephone Befriender (18+)**

Deafblind UK members have combined sight and hearing loss and many can feel lonely or socially isolated. They offer a free telephone befriending service where they match volunteers with one of their members to have a weekly 30-minute chat together.

They are looking for confident, empathetic and friendly people who can hold a good conversation. You could be chatting about similar interests or learning about each other's lives. Whatever the conversation you'll be having a positive impact. One 30-minute call seems really simple but having someone to talk to and someone to listen, could really make a difference to their members. It could be that you're the only person they speak to that day, or even that week.

Their members love to chat with people who have had some life experience and stories to tell. You will need good communication skills and be able to strike up a conversation. You will also need to be reliable, patient with a naturally warm and friendly nature.

We will ensure you are supported throughout your journey with us, offering training and support at all times.

## **Regional Charity Champion (18+)**

Deafblind UK support people who have combined sight and hearing loss -and help them to live with their condition and to build their confidence and independence. Deafblindness affects everyone in different ways. Some people might have mild sight and hearing loss whereas others can't see or hear anything. It can be isolating and lonely and it's far more common than many people realise. Around 400,000 people are affected by sight and hearing loss in the UK.

As a Regional Charity Champion, you will be the vital link between Deafblind UK and your local community. You will champion and advocate the work and services that Deafblind UK offers and raise awareness of dual sensory loss engaging with local groups and organisations. The commitment and skills of their volunteer family enable us to reach out to those in far-flung communities whose lives could potentially be transformed by support. Your knowledge of your own local area will help to impact and support those adapting to, and living with, a dual sensory loss.

This is a flexible role which can differ for each volunteer depending on your strengths and experience. It might involve attending public events and groups in your local area delivering short talks or simply circulating information about the charity to raise awareness, make new connections and attract new members.



### **Springhill House Volunteer (16+)**

Learning more about Springhill, so you can share all that's special – indoors and out, while also being aware of the importance of silence and the need to give people space and time to engage with the house.

- Welcoming visitors and helping them have a safe and enjoyable visit.
- Sharing stories, helping if people ask, and thinking about the needs of a diverse range of visitors.
- Helping visitors understand why we need to take care of special places.
- Getting to know health and safety and evacuation procedures.
- There might be some other activities of interest to you, that we could use your help with.

### **Volunteer Ranger (18+)**

*Location: Springhill House, Moneymore*

Rangers love the countryside and being out in the fresh air, so they know what our outdoor visitors need. They're great at taking care of the wildlife and stunning historical landscapes, forever, for everyone.

- Helping the ranger team with practical work to keep the countryside in great condition, enhance the conservation of the property and maintain the outdoor spaces i.e., cutting grass, strimming, lifting leaves, litter picking, wildlife surveys.
- Learning more about the location and, its history, landscape, nature and wildlife.
- Helping each visitor feel welcome, making suggestions so they have a safe and enjoyable day
- Being ready to help, sharing what's great about the property, helping people understand why we need to take care of special places and thinking about the needs of all visitors, including disabled people and families.
- Letting staff know of any issues with fences, footpaths etc.
- There might be some other activities that are of interest to you, that we could use your help with

### **Springhill Volunteer Gardener (18+)**

If you love gardens as much as we do then you'll know they need a lot of care and attention. Volunteer gardeners do practical work to help keep Springhill in peak condition and looking eye catching.

*What's involved?*

- Helping with everyday practical tasks to keep the garden looking its best.
- Looking after garden machinery and equipment.
- Being a friendly face for visitors and answering any questions.
- Helping with projects like new planting or clearing overgrown areas.
- You are important in making sure things run as smoothly and safely as possible – this includes getting to know health and safety and evacuation procedures.
- There might occasionally be some other activities that are of interest to you, that we could use your help with.



Belfast City Marathon events, aims to promote physical and mental well-being through participation in sport. Belfast City Marathon promotes their official charity, and encourage their participants to fundraise, annually raising up to £2 million. Our Marathon, Half Marathon & 10k races, simply would not occur without the fantastic help of our Volunteer Crew. With approx. 500 volunteers being required across our 3 events, we have various roles suited to all personalities, skills and attributes. Our volunteers namely assist on Race Day, or if they wish, at our Expo & Pack Collection events on the day or two days prior to race day. ALL volunteers get a goody bag, and either a t shirt or jacket and cap.

Volunteers need to assist at all or one of the events below:

- Moy Park Belfast City Marathon - 5<sup>th</sup> May
- Moy Park Belfast City Half Marathon - 22<sup>nd</sup> September
- Moy Park Belfast City Women's 10k - 23<sup>rd</sup> June

Roles include:

#### 1. Route Marshal

- Eyes and ears of the course, direct participants, alert and advise traffic of the road closure, create as much buzz and atmosphere for the runners as possible.

#### 2. Water/Energy Station

- What it says on the tin, hand out water/powerade across our 10 stations along the route.

#### 3. Relay Changeover Support (only)

- Hand out water/medals to relay runners finishing their legs.
- Endeavour to support the event staff in keeping crowd from encroaching on route.

#### 4. Start Area Support (Stormont)

- Help erect branding (flags and banners) to the start line
- Assist with the bag drop facility (participants drop their bags off at the start, collect at the finish)
- Assist in directing participants and any other duties.

#### 5. Finish Area Support (Ormeau Park)

- Help erect branding (flags and banners) to the start line
- Assist with the bag drop facility (participants drop their bags off at the start, collect at the finish)
- Assist in directing participants and any other duties.
- Hand out medals, water or snack.

#### 6. Transport Support

- Lanyon Place (assist with bag drop, and directing participants to the shuttle bus service)
- SS Moore Shuttle Buses / Ormeau Embankment Shuttle Buses: Direct participants and supporters to shuttle bus and ensure buses are filled before departing.

#### 7. Expo & Pack Collection (Training provided on the Day)

- Friday 3<sup>rd</sup> and Saturday 4<sup>th</sup> May in Titanic Exhibition Centre Belfast
- Duties may include directing/welcoming crowds, scanning QR code entries, handing out race packs, water etc.

Race Day Volunteers need to attend ONE training session, potential dates TBC but typically 2 weeks from the event, with one Sunday lunchtime session and a Monday evening session, all in Belfast. If you are only volunteering at the Expo, no training session attendance required, as training is provided on the day!

# NSPCC

## **Schools Service Volunteer (18+)**

The NSPCC's schools service runs a programme in primary schools called Speak out Stay safe that includes volunteer – led face-to-face workshops in which children are taught to understand that they have a right to feel safe, and that they can speak to a trusted adult or Childline if they ever need help or support. In this role, you will work as part of a volunteer team to visit schools in your area and deliver interactive workshops to pupils aged 6-7 years and 9-11 years.

Our schools service volunteers play a vital role in making sure children understand what abuse is, how to spot the signs of abuse and to feel empowered to speak out about it if they're worried or scared. You will receive on-going training and support and the chance to be part of a friendly team.

# SureStart

## **Play Support Volunteer (17+)**

Volunteers will provide support to the staff, children and families working in our Developmental Programme for 2-3 Years Old. Surestart are looking for volunteers with a passion for making a difference to a child's life and supporting their learning as well as helping children promote their independence. Some of a volunteer's activities will include planning and organising small group activities, setting up the group and clearing away afterwards.

This will include serving snack as well as ensuring the resources/room is ready for the children coming into the setting. Volunteers will also be assisting the children to develop their independence thus improving their self-esteem and self-confidence. You as a volunteer will also be a positive role model at all times to the children, adhering to the policies and procedures of Gold Community Partnership Surestart. They are looking for volunteers, with a passion for making a difference in children's lives, a fun and approachable attitude and an ability to engage young people in worthwhile and enjoyable activities.



## **Volunteer Buddies (18+)**

We are looking for volunteers to get involved in our Pilot Volunteer Buddy Project to fill the gap that exists for people who need more practical support to volunteer because of their mental health, learning disability, physical disability. The Volunteer Buddy role will provide appropriate support for the volunteer to engage in and sustain their volunteering. This might be accompanying the volunteer on a first visit or during their volunteering as long as needed.

As a Volunteer Buddy, you will provide support to individuals as they start their volunteering journey and gain confidence in their new volunteering role. Key tasks are to work to support volunteers to achieve their goals, be self-motivated, use your initiative and maintain confidentiality and professional boundaries at all times.



## **Support Group Volunteer (18+) Cookstown**

As a support group volunteer, you will help with the running of the group. The role is designed to suit the needs of the group, and the skills of people offering support. If you enjoy getting to know your community, working with others and making a real difference then this is the role for you.

In this role you're likely to be involved in the following:

- Supporting the running of the group
- Keeping strong links with your local contact at the Stroke Association
- Welcoming and supporting people in the group
- Planning group activities

## **Communication Service Supporter (18+)**

About 30% of stroke survivors will experience communication difficulties after their stroke which can make daily living extremely challenging. Communication service supporters assist stroke survivors whose communication has been affected by their stroke to develop new strategies to aid their communication. In doing so they help people to build their confidence, achieve personal goals and promote independence.

### What the role involves:

- Some communication service supporters assist stroke survivors in developing their communication skills in small groups under direction of SLT
- Other communication service supporters assist stroke survivors in developing their communication skills online

### Who the role might suit:

- To be an effective communication service supporter you need great listening skills and be able to support people in an empathetic and non-judgemental way.
- You need to be willing to learn and use the technique, called 'supported conversation', that is used to support people with communication difficulties.
- If you are someone who enjoys conversation, meeting new people and likes to try new things, then this role might be a good one for you.
- Our communication service supporters also need to be able to adapt to the specific needs of the person they are working with in order to support them in the most appropriate way.

### Training for this role:

They provide all of their communication service supporters with training so they feel confident in the role and give the best possible support to stroke survivors.



At the heart of Alzheimer's Society is their commitment to those affected by Dementia. They understand those living with Dementia need to be prepared for the challenges and opportunities that lie ahead. Together, their staff and volunteer network incorporate their values into all aspects of their roles, making sure their focus on the future is in caring and capable hands.

### **Awareness Raising Volunteer (18+)**

Alzheimer's Society need to ensure that information and advice about dementia is as visible and accessible as possible for everyone, including people who are worried about or affected by dementia. As an Awareness Raising Volunteer, you'll be enabling them to reach people and groups within your community and help make sure they are aware of the support and advice services which Alzheimer's Society offers. You will be instrumental in helping to achieve widespread awareness of regional and national support.



### **Casual Fundraising Volunteer (16+)**

Our Casual Fundraising Volunteers donate their time to help Air Ambulance NI. The role is fully flexible to allow you to fit it around your other commitments. Whether you can give a few hours a month or a day a year we would really welcome your help and support!

Fundraising events take place all over Northern Ireland, so there is sure to be something close to you!

Be the cheery face of Air Ambulance NI at our in store/street collections, holding a bucket or tin and collecting money at fundraising events. Assist with tasks at a fundraising event – for example, registration desk or marshalling. Promote events in your area e.g., through social media or distribution of publicity materials like leaflets to local shops.



Kilcreggan Homes help people with a Learning Disability/Autism by providing a therapeutic environment in which to work to develop skills in animal care and ground maintenance based in the new project in Magherafelt.

### **Farm Volunteer (Access NI required)**

Supporting Service Users with a Learning Disability/Autism in a therapeutic farm environment. Monday to Friday 9.30am - 4.30pm. Days/times can be negotiated.

### **Farm Volunteer (Weekends)**

The Volunteer will help cover over weekends and holidays on a rota basis with other volunteers to make sure all animals are feed and taken care off during these times. This role is a lone worker role as no staff or service users onsite. Full training provided.

**Volunteers need to be aged 18+**



Charis Cancer Care is a highly regarded charity in NI, and they are here to support men and women, across NI, affected by cancer at every stage of their journey. All of their services are provided free of charge and Friends of Charis charity shop in Magherafelt helps fund Charis and their vital services. They are recruiting:

#### **Volunteer Customer Service Assistant (16+)**

In the role of Volunteer Customer Service Assistant, you will assist customers, principally members of the public, to make purchases of clothes and miscellaneous items donated to the charity in a 'High Street' shop setting. This may include:

- Offering assistance to customers in the purchase of items
- Helping to maintain stock at point of sale and assist in stock control
- Operating the till as required by the Shop Manager
- Helping to maintain a clean and tidy shop environment
- Sorting donated items for sale
- Reporting any issues/concerns to Friends of Charis staff
- To undergo appropriate training as required

#### **Volunteer Till Operator (16+)**

In the role of Volunteer till Operator you will assist customers, principally members of the public, to make purchases of clothes and miscellaneous items donated to the charity in a 'High Street' shop setting. This may include:

- Operating the till to assist customers to make their purchases
- Helping to maintain a clean and tidy shop environment
- To undertake other shop-related duties as and when required
- Reporting any issues/concerns to Friends of Charis staff
- To undergo appropriate training as required

#### **Volunteer Driver (25+)**

In the role of Volunteer Driver, you will assist with the collection and delivery of goods which have been donated to, or bought from the charity shop. This may include:

- Driving the Friends of Charis van or assisting another driver during collections and deliveries
- Collecting larger goods and furniture, across the Mid-Ulster area, which have been donated to the charity shop
- Delivery of larger goods and furniture, across the Mid-Ulster area, which have been purchased from the charity shop
- Ensuring the van is kept clean and tidy
- Driving in a safe manner
- Refuelling the van as required
- Reporting any issues/concerns to Friends of Charis staff
- To undergo appropriate training as required

#### **Volunteer Warehouse Assistant (25+)**

In the role of Volunteer Warehouse Assistant, you will assist with the effective running of the charity shop's storage area in relation to the receipt, sorting, storage and preparation of donated goods to the charity shop. This may include:

- Processing "goods-in" by accepting donated items from donors
- Sorting through donated items and processing as per store requirements
- Assisting with the storing and organisation of goods within the storage area
- Preparing and pricing goods for relocation to the shop floor
- Assisting with other shop-related duties as required
- Reporting any issues/concerns to Friends of Charis staff
- To undergo appropriate training as required





## **Hope Raising Awareness Volunteer (18+)**

PAPYRUS - Prevention of Young Suicide is looking for volunteers to help raise awareness of young suicide, the biggest killer of under 35s in the UK. They need volunteers to raise awareness of suicide prevention in their community and to deliver awareness raising sessions for local groups. Volunteers will be fully trained to deliver sessions to improve awareness, knowledge and understanding of suicide for professionals and others who meet under 35s.

There is a stigma around talking about suicide and they want their volunteers to help smash that stigma across Northern Ireland. Each participant will be given a resources pack to distribute within their own community and will be guided in activities such as running events that will promote the work of PAPYRUS and suicide awareness.

What will you get out of Volunteering?

PAPYRUS Suicide prevention training

- Regular check ins with your Area Volunteer Coordinator or another PAPYRUS representative.
- Flexible volunteering opportunities – choose the events that suit you!
- Expenses for travel and food (these can be claimed weekly).
- Opportunities to meet other volunteers in person and online.
- Recognition, celebrations, Certificates, and a Huge Thank You!



Safe Families offer support, hope and belonging to improve the lives of those in our communities. They link children, young people and families with local volunteers who can offer them help and support.

Safe Families are working within the Northern Health and Social Care Trust areas and need volunteers to help with the following roles:

### Family Friend Volunteer

Family Friend volunteers are those who can come alongside a family to offer support, belonging, help and advice. They go for coffee, trips to the park or just hang out in the house giving a parent a listening ear. The volunteer process includes an enhanced Access NI, references and full training.

4-6 months commitment – befriending on a fortnightly basis or more occasionally as needed.



### Wheelie Active Club – Magherafelt- Greenvale Leisure Centre- 5.30pm – 6.15pm (Term Time only)

Disability Sport NI work with people with physical, sensory and learning disabilities of all ages and with schools, disability groups, sporting organisations and clubs to ensure that everyone can benefit from the health, social and education benefits of sport.

They believe that every disabled person has the right to participate in all aspects of life and are committed to building a more inclusive society where disabled people have the same opportunity as non-disabled people to lead a full, active and healthy lifestyle through sport and active recreation.

They organise a range of participation programmes, events, training courses and education projects all designed to improve the health and wellbeing of disabled people.

#### **Hub Volunteer (14+) –**

Their hub volunteer will gain a fantastic experience working in the disability sector with our wheelie active programme. The volunteer will be asked to commit to one evening a week assisting and leading sessions for kids with a physical disability. The volunteer will be put through full training, provided with free kit and travel expenses covered. The wheelie active club provides a variety of fun multi skill games and sports for the children each week during school term time.



#### **Volunteer Car Drivers**

Not all superheroes wear capes! It could be you helping registered members of Out & About in your community get to vital services such as medical appointments or essential shopping in the comfort of your own vehicle. Do you have what it takes to volunteer with them?

Volunteer drivers receive genuine out of pocket expenses such as fuel and refreshment expenses (as permitted by HMRC guidelines) but in addition receive immense satisfaction by giving a little something back to their local community.

Volunteers need to be over 21 years old and hold a full clean driving licence and have access to a vehicle that is taxed, MOTed and insured.



Muscular Dystrophy UK is the leading charity for over 60 muscle wasting and weakening conditions. For over 60 years, they've been building their community of individuals living with muscle-wasting or weakening conditions, families and carers, scientists, health professionals, supporters, volunteers, and donors. Making advances that would have been unthinkable just ten years ago. With 110,000 children and adults with a muscle-wasting condition, it's important to get your support!

We would be nowhere without our volunteers to help with fundraising, spreading awareness of our cause through word of mouth and peer support volunteering.

### **Fundraising Ambassador (18+)**

You will be confident or build your confidence in speaking about the cause and the work of the charity. Raising awareness of who Muscular Dystrophy UK are and what they do is very important to MDUK so they are looking for a proactive volunteer who will seek out speaking opportunities and make asks on behalf of the charity to attend events where further awareness can be raised.

### **Fundraising Group Member (18+)**

Their fundraising groups are the local face of MDUK, raising vital funds and constantly raising the profile of the charity so that they can reach more people and their families affected by a muscle wasting condition. They need your skills and enthusiasm to help grow their fundraising groups. It only takes 2 to create a group, and will consist of making new friends, adding to your CV, developing leadership skills, helping with fundraising, PR, organisation and having fun while making a difference in the community.

### **Collection Box Coordinator (18+)**

You will get to learn more about your local area by getting out and about in the community. This is a vital way to help raise both funds and awareness for the charity and they simply can't have the reach they need without volunteers! Meet new people, while finding the opportunity to develop new and expand on existing skills in fundraising, management, organisational skills and communication.



### **Retail Assistant** needed for Vincent's Charity Shop in Magherafelt

A number of roles available in a fun quirky environment. Also, an opportunity to meet new people and build new friendships within the local community.

No previous experience needed. A can-do attitude and willingness to help them help the local community in confidence. Volunteers need to be aged 18 years old and over



## **Befriender (Face to Face) 18+**

*(Tele Befriender will also be considered)*

Befriending provides one to one support and companionship to people who are feeling isolated as a result of their mental ill health. Befriending introduces volunteers to individuals who have been referred by Community Mental Health Teams, these 'matched' friendships go on to reduce feelings of isolation, provide a listening ear, build confidence and increase self-esteem.

Volunteer Befrienders get involved with everyday activities with their Praxis Care friend, things like:

- Going for a walk
- Meeting for a coffee
- Going to the cinema or out shopping

Volunteering is a two-way relationship; the friendships built will have a lasting positive impact on both the volunteer, the befriender and the wider social circle of both.

Anyone can get involved as a volunteer, giving a couple of hours to help reduce the social isolation faced by someone in the local community. This is a great way to make a difference, using and developing communication skills.

All volunteers will receive training and support as they develop their befriending relationship.



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### **Farm Volunteer (Weekends)**

The Volunteer will help cover over weekends and holidays on a rota basis with other volunteers to make sure all animals are feed and taken care off during these times. This role is a lone worker role as no staff or service users onsite. Full training provided

**Volunteers need to be aged 18+**



## **Volunteer Drivers (21+)**

Cancer Focus volunteer drivers provide essential transport for cancer patients to and from their hospital appointments.

Many cancer patients find travelling to hospital for multiple appointments very time consuming, expensive and stressful. Our passengers are people who would otherwise struggle to get to and from their appointments. They may not have access to a vehicle, may be too unwell to drive or don't have someone that can bring them to their appointments. Our driving service volunteers help remove some of this stress by bringing people to and from their hospital appointments, providing a friendly and reliable service to our passengers.

This highly rewarding volunteer role is suitable for people who enjoy meeting others and have good communication and organisational skills. Volunteers will need to be punctual, reliable, able to co-operate with others and to fulfil their commitments according to our guidelines and training. Appointments will usually take place Monday – Friday during normal office hours. It is essential that volunteers are 21 or over and have a full driving license and access to a comfortable and roadworthy vehicle with the relevant documentation – insurance certificate and MOT certificate.

Volunteers will be expected to undergo recruitment checks, and will receive fuel expenses, training and ongoing support from Cancer Focus. Drivers will use their own vehicles to bring passengers to and from appointments. These may be at local hospitals within the Northern Trust or at the City Hospital / Ulster Hospital in Belfast.

It is essential that volunteers have a full driving license and access to a comfortable and roadworthy vehicle with the relevant documentation – insurance certificate and MOT certificate. This role is suitable for people who enjoy meeting others and have good communication and organisational skills. Volunteers will need to be punctual, reliable, able to co-operate with others and to fulfil their commitments according to our guidelines and training.

Cancer Focus provide induction training prior to the volunteer starting in their role. This will involve finding out more about the organisation and the role as well as being introduced to more established volunteer drivers. We will have a programme of training and support to include volunteer meetings and any identified training needs. Our volunteer coordinators provide ongoing support to our drivers



RNID work in communities across the country to provide information and support services. They also run fundraising events and campaigns – and are always keen to welcome new volunteers. They are looking for volunteers in all areas of Cookstown and Magherafelt with a particular focus on Maghera, Cookstown, Magherafelt and its surrounding areas.

### **Hearing Aid Support Volunteer – (18+)**

RNID are recruiting volunteers to provide support and advice to NHS hearing aid users at their Hear to Help Hearing Aid Maintenance Clinic, helping with basic maintenance and support of hearing aids. As a hearing aid support volunteer, you will:

- attend their regular support sessions for hearing aid users
- undertake basic maintenance on hearing aids such as cleaning or changing tubing, ear moulds and filters and replacing batteries
- offer practical support to optimise hearing aids
- signpost other agencies that may be beneficial to the service user
- monitor the number of visits carried out and feedback to the volunteer co-ordinator
- complete relevant paperwork during support sessions
- refer enquiries to RNID staff if you do not know the answer
- keep all information given or discussed within the service confidential
- promote the work of RNID
- meet with other RNID volunteers and staff to discuss the project and suggest any improvements.

### **Meet and Greet Volunteer – (18+)**

RNID are recruiting volunteers to provide a friendly welcome to service users at their hearing aid support sessions.

- support staff to safely transfer hearing aids from the client to the hearing aid maintenance volunteers within the venue
- assist clients with service procedures
- provide a friendly welcome to people as they arrive at the venue
- listen, chat and engage with service users and their friends and family
- promote the work of the service and provide information
- follow RNID policies and regulations

## **Community Volunteer – (16+)**

RNID are recruiting a Community Volunteer to provide information to local organisations and community groups to help raise awareness of RNID's activities as well as other services and support available for deaf people and those with hearing loss and tinnitus. This role includes online presentations and face-to-face activities in your area.

As a Community Volunteer, you will:

- reach out to community groups, other charities, etc. to offer informative presentations or attend meetings to share insight into deafness, hearing loss and tinnitus
- deliver talks, presentations online and face-to-face (depending on practicality)
- set up RNID Information stands at various locations, including libraries, community centres and hospitals within your local area
- ensure leaflets and equipment arrive at the venue in time, and pack up at the end of the event
- promote the work of RNID and associated local services
- respond to questions and enquiries from visitors and assist as appropriate
- record any enquires that are out of your knowledge base and follow up accordingly
- monitor the number of enquiries at each event and feedback in a timely manner
- be proactive in sourcing venues for information stands



## **Marie Curie Helper Service (18+)**

We know that the little things can make a big difference for people and their families living with a terminal illness like having someone to chat to over a cup of tea, help to get to an appointment or run an errand or just being there while a family member is able to take a break from caring.

As a Helper Volunteer you will be matched with someone who you will visit in their home, go out somewhere with or have a chat over the phone. Your support could help these families get the most from the time they have left.

Opportunity happens in clients' homes (normally within 10 miles of the volunteers' home) – Travel expenses provided and 1 full day of induction training before taking up the role. Ongoing training will be offered as and when available on a range of related topics. Ongoing support from the Co Ordinator and also local peer groups meet 2 times yearly.



### **Emotional and Practical Support Volunteer Witness Service**

To give free and confidential support and information to help witnesses and their supporters (such as family and friends) deal with the experience of attending court to give evidence. Activities include:

- Meeting and greeting witnesses on arrival.
- Providing information about the court procedure and layout.
- Showing people around a courtroom ahead of a trial so that they are familiar with the environment (we call this a pre-trial visit).
- Listening to and empathising with the concerns and anxieties that witnesses have.
- Helping witnesses to prepare for possible verdicts and sentences in their case.
- Accompanying witnesses into court if requested.
- Explaining any legal jargon or decisions.
- Referring witnesses to the local Community Service office or other agencies as appropriate.
  
- Working as part of a team and keeping the local Witness Service Co-Ordinator up-to-date on developments.
- Liaising with other court staff as required.
- Providing additional support when special measures are requested.

As well as these daily activities, volunteers will be required to attend regular supervision and team meetings as part of the role. Volunteers are required to commit to be available for a minimum of **9.30am to 4.00pm one day per week** (weekdays only). You will also be expected to attend ongoing training and meetings. You should be able to commit at least **1 year** to volunteering with us

Victim Support NI provides full induction and training for volunteer roles. Their initial training, which is called Core Learning, is accredited at level 3 with the Open College Network. You can receive accreditation by completing post training learning journals and delivering a minimum of 5 support sessions in court, with an assessment of your support skills at the end of your trial period. Accreditation is optional and there is no cost to you for receiving the OCN qualification.

On completion of your trial period, you will be asked to attend suicide intervention training. This is compulsory training and is carried out over 2 consecutive days, normally on week days but may be arranged at weekends on occasion. As well as this compulsory training they offer ongoing optional training courses for volunteers and you will complete a skills audit with your Coordinator to identify any training areas that may be applicable.

Volunteers will be reimbursed for any reasonable out of pocket expenses incurred while training and volunteering, usually on a monthly basis.



**Educator – 18+**

This is a great opportunity to train to become a facilitator/trainer. Learn new skills such as being able to deliver First Aid and Wellbeing workshops in groups and schools.

You will become part of a great team, meeting new people, building your confidence and helping people learn lifesaving skills. Much of the training is online but there is face to face with shadowing the facilitator.

The British Red Cross has been helping millions of people in the UK and around the world get the support they need when crisis strikes. Only one in 20 people would know what to do in a first aid emergency, but up to 59 per cent of deaths from injury could have been prevented if first aid was given before the emergency medical services arrived.

**Volunteer Support Worker (16+)**

Bringing Additional Support to Everyone – The BASE @ Tobin runs from Tobin Centre, Moortown.

It is a five-year programme funded by The National Lottery Community Fund NI designed to meet the requirements of children and young people with additional support needs. The programme was launched in January 2020 and has a total of 192 registered families from across Mid-Ulster.

There is a total of 250 young people with a wide range of additional support needs registered with The BASE @ Tobin.

The programme is designed to facilitate the engagement of these young people within the community, providing an opportunity to participate in “every day” activities enjoyed by other young people.

Our volunteer role would involve supporting our staff. This includes building relationships with the children, playing games with them and encouraging them to participate.

Our children absolutely love coming The BASE and improves their self-confidence and sense of belonging. It is so rewarding to be part of this very special project, delivering a wonderful service to our very special children.



## **Creative Writing Mentor (18+)**

Fighting Words NI is a creative writing centre for children and young people. Since 2015 they've been a force for creativity in Belfast and beyond, providing over 9,000 creative writing opportunities for schools and young writers ages 6-18: that's hundreds of Storymaking Workshops for classes of all ages, scores of Write Club meetings, and dozens of special projects – all supported by our amazing volunteer mentors. Their patrons are the acclaimed writers Glenn Patterson, Roddy Doyle, Nick Hornby, Lucy Caldwell, Paul Muldoon and Dave Eggers.

Fighting Words NI are looking for volunteer mentors to help facilitate their programme of creative writing workshops for primary, post-primary, and community groups. In partnership with the Heaney Homeplace, they are held a series of 4 weekly after-school Write Club sessions in June, for up to 15 primary school children aged 7 to 11, with their parents or guardians as part of a cross-community project.

Anyone who enjoys working in a creative environment with individuals and groups - and is a good listener - is welcome to volunteer. You don't need to be a writer or a teacher to be a Fighting Words volunteer mentor!

They currently deliver both in-person and online workshops (via Zoom). Primary workshops take place mid-week (Tuesday - Thursday) from 10am-12noon, and post-primary workshops are afternoon sessions - usually 1pm-3pm. Their community workshops and write club activities (for teen writers) take place after school hours.

Volunteers time is a valuable resource and they have volunteers who mentor regularly, and others who, due to other commitments, are only available now and then. Each workshop signed up for represents a commitment of 3 hours max, for a briefing before and debrief after the workshop.

Once your application is received your referees will be contacted to obtain references, and you will be invited to attend one of our two-hour training sessions. These take place on the first Tuesday of every month. Following your training you will receive our volunteer handbook, Health & Safety and Child Safeguarding policies, and you will be added to their volunteer mailing list from which a weekly email is sent, detailing upcoming workshops. Should you wish to volunteer for any of these, all you need to do is email the volunteer coordinator!

At the first workshop, new volunteers are welcome to attend and observe, with the hope that you will feel empowered to take on one of our workshop roles in future sessions.



### **Volunteer Shop Assistant - Maghera & Magherafelt shops**

Want to learn new skills to add to your CV? Or perhaps you want to give back to your local community? Volunteer in your local Hospice shop, having fun all whilst making a difference to the lives of local people living with life-limiting or life-threatening illnesses.

Giving up a little bit of your time to support Northern Ireland Hospice can be very rewarding. It doesn't matter how much time you have to offer, but by contributing a morning or afternoon each week, you helping us continue to deliver our life-line services to local people who need it most.

By volunteering, not only will you help raise valuable funds for Hospice, but you will also build new friendships, learn new skills and have some great fun!

Volunteering opportunities for those aged 15+



### **Plough on Programme Delivery Support Volunteer (18+)**

Plough On will tackle rural isolation and increase social opportunities for men who have experienced challenging and demanding roles as farmers, helping improve mental and physical wellbeing. Plough On is requiring willing, enthusiastic, volunteers preferably from a farming background or an interest in farming to provide programme delivery support.

Opportunities are available for volunteers in Swatragh and Plumbridge. Groups will take part in 12 monthly meetings as well as 6 trips over the course of 18 months.

A willing, enthusiastic, approachable attitude; from a farming background or interest in farming; experience of volunteering, particularly with older people; ability to support in the organising of group activities.

Induction training shall be provided to all volunteers at the beginning of the programme with continuous support provided in their role by the Volunteer Co-ordinator.



## **Tech Support Volunteer (18+)**

At AbilityNET NI they support people of any age, living with any disability or impairment to use technology to achieve their goals at home at work and in education. They do this by providing specialist advice services, free information resources and by helping to build a more accessible digital world.

As a tech support volunteer, you can empower people in our community and make a lasting difference in their lives by sharing your knowledge of the online world, providing companionship and helping people who would otherwise be isolated to stay in touch with loved ones and the wider community.

You will provide one-on-one support in person (when restrictions allow) or by phone, helping people learn how to use computers and smartphones to access the internet. You will also provide advice on how to use digital services and platforms safely and with confidence – these include online banking, shopping, booking health appointments and using Skype or facetime to connect with family and friends.

They require all volunteers to have access to their own phone and laptop or tablet.



Magherafelt Junior Parkrun is a 2km timed event that takes place in Polepatrick every Sunday. They require 19 volunteers weekly to enable the event to be run in accordance with parkrun guidelines.

The event starts at 9.30am with volunteers needing to be there for 9.20am and finishes at 10am. Briefing and training is provided and there are also opportunities to progress from marshal into other roles such as:

- Tail Walker
- Timer
- Barcode scanner
- Warm up

Volunteering at parkrun is an opportunity to get outside, make new friends, have fun, learn new skills and to be a valuable part of their local community.

Volunteers need to be aged 11+



## **Fundraising Group Deputy Co-ordinator (18+)**

In this role, you will be supporting the Fundraising Group Coordinator in raising money in your local community from a variety of activities such as collections, social events, and Tea Parties.

We rely on volunteers like you to help us improve the lives of people with sight loss. In this role your support will include:

- Support in organising and attending events and collections in your local area, such as Great Guide Dogs Tea Party. Informing your key contact and relevant members of these events.
- Support in building relationships with local networks, organisations, schools, and social groups to host events or to name their own puppy.
- Delegating tasks and responsibilities to other volunteers within your fundraising group in the absence of the Fundraising Group Coordinator.
- Support in making sure fundraising policies and procedures are followed; including all roles are maintaining their required records.

## **Fundraiser**

Assist the local fundraising team in promoting and taking part in a variety of activities to raise money for Guide Dogs. You will have the chance to take part in some or all of the following:

- Street collections on 'flag' days
- Help on stalls at local events
- Take Collection Boxes to local businesses
- Attending local events organised by Branches or Community Fundraiser and keeping track of what we sell on our stalls (including the cuddly toys!)
- Count donations
- Fundraisers are usually members of the local fundraising group

## **Collection Box Co-ordinator (18+)**

To place our iconic boxes locally as part of their daily life and every few months tally up the funds before paying them in to Guide Dogs.

- Identifying and placing collecting boxes in suitable locations
- Talking to the shop owner, receptionist etc. at the location about how the boxes will help Guide Dogs and what we do
- Emptying boxes every 3-6 months (as they get full) and banking the income through the paying in book provided. Give a receipt and letter of thanks to the hosts
- Keeping a written record of the location of all boxes for your supervisor, the dates they are emptied and the dates/amounts banked
- If boxes aren't collecting much, you'll decide to move them to a better location. Your supervisor may also ask you to remove boxes
- Reporting any stolen boxes to the local Mobility Team
- Spotting the potential for further fundraising amongst the box holders for Community Fundraiser

## **Fundraising Treasurer (18+)**

As Treasurer, you are a key member of your local fundraising group. You will need to record income and expenditure of the group, bank funds regularly and keep the members up to date with fundraising income totals.

- Maintaining accurate records of all income and expenditure by the Group.
- To assign correct Guide Dogs banking codes to all donations.
- To bank all funds donated to Guide Dogs promptly.
- To complete and issue receipts to donors.
- Attend Group meetings and advise members current levels of income and expenditure
- Monitor levels of expenditure, ensuring prompt claims for reimbursement of the Float Account.
- Ensure that the Float Account does not become overdrawn.
- Apply for soft credits and gift aid via your local Mobility Team.
- Maintaining records of where Guide Dogs Counter Top Boxes and life sized dogs are placed locally – working with your Group's Collecting Box Co-Ordinator(s) and submitting the list by December 31st of each year to the Community Fundraiser
- To respond to requests made by Guide Dogs Finance department.
- Keeping Group fiscal records for 6 years in accordance with HMRC guidelines and to ensure that all Group records are available for the Community Fundraiser, Group members or any other independent examiner as requested by Guide Dogs.

Payment of agreed out of pocket expenses in line with their volunteer expenses policy will be provided

## **Merchandise Co-ordinator (18+)**

In this role, you will be responsible for ordering and looking after Guide Dogs merchandise.

*"I've made so many friends over the years, and whilst I joined to make a difference for others, I'm happy to say it's been a very positive experience for me too." – Jo, Merchandise Coordinator.*

### What you'll be doing

Guide Dogs NI rely on volunteers like you to help them improve the lives of people with sight loss. In this role your support will include:

- Ordering and storing merchandise stock within your home. Ensuring to check and price goods when received.
- Organising merchandising stalls in your community to sell Guide Dogs branded merchandise.
- Maintaining appropriate stock levels and completing end of year stock takes.

### Ideally you will:

- Have good communication and interpersonal skills.
- Be able to use and have access to email.
- Have good organisational skills.
- Have an eye for display/merchandising.
- Have a vehicle to transport the merchandise.
- Have space in the house to store the merchandise.
- Volunteering is a two-way street, so in return for your time you will get a dedicated volunteer manager/key contact who will help you settle in and support you during your time with us. You'll also get:
  - To build experience in stock takes and merchandising.
  - The satisfaction in knowing you are supporting people with sight loss to live actively, independently, and well.
  - The opportunity to network with a variety of individuals at Guide Dogs.

## **Fundraising Group Secretary (16+)**

As a key member of the local fundraising branch, you will be responsible for the administration of branch activities and keeping everyone up to date.

### **What does the role involve?**

- Ensuring clear written communication between your branch and the fundraising team and with supporters
- Making applications to do events and collections
- Writing to thank supporters for their donations
- Letting branch members know of branch meetings in advance, including drawing up agendas with the Organiser or Chair
- Taking minutes at meetings and sending a copy to branch members and your Community Fundraiser
- Maintaining levels of stationery and publicity materials
- Maintaining branch records, including a secure list of names and addresses of branch members
- Ordering tokens of appreciation, through the Mobility Team, for individuals and groups who complete one of our fundraising targets

Working as part of a team with other volunteers and staff, and to make new people welcome.



## **Campaigns and Social Media Volunteer**

We are looking for an enthusiastic Campaigns and Social Media Volunteer. This is an exciting new position, with a real opportunity to make a difference. You will play a key role in our campaigning work in Northern Ireland. You will help us raise awareness, influence key decision makers and take action on behalf of people affected by endometriosis in Northern Ireland.

### **What will the role require me to do?**

- Helping grow Endometriosis UK's presence in Northern Ireland by lobbying local politicians, working with the local media and raising awareness on social media.
- Using social media to promote the activities and achievements of Support Groups in Northern Ireland and national Endometriosis UK activity · Inspiring others in Northern Ireland to share their experiences and get involved with Endometriosis UK
- Supporting and raising awareness of our national campaigns, and encouraging users to share them with others
- Fortnightly to monthly check ins with the Communications Manager to update on tasks and any support that you need
- Act in line with our communications and social media guidelines

You will get invaluable experience of campaigns and communications within a national charity, opportunities to develop key skills, all whilst making an incredible difference.

March is Endometriosis Awareness Month and therefore our busiest month. You must be available during March and volunteering hours are likely to increase around this time.

**Volunteers need to be aged 16+**



## **Contact Centre Volunteer (18+)**

Mid Ulster Child Contact Centre aims to provide a child friendly, safe, neutral environment in which children can spend time with a parent or significant other person (eg. Grandparent) with whom they no longer live following family separation.

We support families involved in private law cases, usually through the services of Solicitors or Family Court. However, we do take self-referrals from parents who are not currently involved in legal proceedings. Mid Ulster Child Contact Centre offers supported contact and so there is no close observation of individual families, or detailed reports written.

Families attending the centre agree to abide by a set of clear guidelines and are asked to leave their differences outside for the sake of the children. Supported contact takes place in a variety of neutral community venues where there are facilities to enable children to develop and maintain positive relationships with non-resident parents and other family members. Supported Child Contact Centres are suitable for families when no significant risk to the child or those around the child has been identified.

The basic elements of supported contact are as follows:

- Impartiality.
- Staff and volunteers are available for assistance but there is no close observation, monitoring or evaluation of individual contacts/conversations.
- Several families are usually together in one or a number of rooms.
- Encouragement for families to develop mutual trust and consider more satisfactory family venues.
- Apart from attendance dates and times, no detailed report will be made to a referrer, CAFCASS, a party's solicitor or court, unless there is a risk of harm to the child, parent or Centre worker.
- An acknowledgement that it be viewed as a temporary arrangement to be reviewed after an agreed period of time.

Volunteers will be given policies and procedures, shadow sessions, various training opportunities and support from the co-ordinator and peers.





## **Co-Facilitator Volunteer - Breakfast Club – Cookstown**

Are you an early riser?

Do you enjoy breakfast?

Then this is for you! Based in Cookstown, we are seeking a Co-Facilitator Volunteer to support our popular weekly Breakfast club on Thursday mornings.

This is an exciting opportunity to join a passionate team of staff and volunteers in our Woodlands Community Wellbeing Service. You will work in partnership with Inspire staff to help facilitate the breakfast club and the role will involve; assisting with food preparation, setting tables, making a good cup of tea/coffee and engaging with those in attendance. The role will help others as they work towards better wellbeing and resilience, and we are seeking someone that can commit to attending on a weekly basis to support the continued success of this club.

We will inspire you to be the best you can be and to help you make a difference! You will join a team of compassionate volunteers that provide a range of supports, focused on recovery and inclusion by empowering people to achieve their goals.

"I feel valued as part of the team. I was made to feel welcome and this meant so much to me". - Inspire Volunteer.

## **Befriending Volunteers - Volunteers are needed in Cookstown and Magherafelt**

Inspire are seeking male Befriending Volunteers to engage directly with service users and support them to live with dignity and realise their full potential. You will join a team of compassionate and inspiring befrienders that provide a range of supports to adults who access our services across Northern Ireland and the Republic of Ireland.

With an increase in isolation, as a direct result of Covid-19, this is an exciting role that aims to develop self-confidence, encourage positive choices and decisions, reduce social isolation and increase opportunities for social interaction and connection in the local community.

## **Activities Facilitator Volunteer (Newhaven - Cookstown)**

Based at our Newhaven Supported Service, in Cookstown, the role of an Activities Facilitator Volunteer will work in partnership with Inspire staff to facilitate group sessions that will focus on activities promoting wellbeing, creative participation and engagement.

Utilising your skills, you will provide a safe and supportive environment to ensure service users feel they can express themselves. This could be a focused activity using a specific skill you may possess such as; arts & crafts, complimentary therapies, music, dance and quizzes.

This role will provide you with a unique opportunity to help others as they work towards better wellbeing and resilience. We want you to be creative and innovative but also demonstrate an ability to listen, encourage and get alongside others.

Volunteers needs to be aged 18+

## Listening and Support Volunteer

Samaritans offers a service that can make a difference to people at a time in their life when they are in need. We offer a confidential non-judgemental listening ear to enable a person to consider alternative perspectives and options in difficult situations. People can be themselves and we're always there for them. It's also a great opportunity to undertake some training and meet new people. It is a supportive environment and you will develop new skills. You will also be part of a network across the region.

Skills/attitudes/experience –

- Open and non-judgemental attitude
- Willingness to listen
- Willingness to undertake training
- On line skills
- Confidentiality
- Flexibility
- Team working

Each volunteer is required to attend initial core training, followed by mentoring support, and further training with support in order to become a listening volunteer. Volunteers always work as part of a pair and are therefore supported throughout the process. Volunteering takes place in their Ballymena Office Volunteers need to be aged 18+

## Treasurer (18+)

Samaritans of Ballymena is a voluntary organisation which offers support to those at risk of suicide. They currently have 70 listening volunteers who communicate with the public, mainly by telephone. Since 1974, Samaritans has served the people of Ballymena, the surrounding districts and beyond. Drawn from across the community and from all walks of life they come together to support the people of their community whenever they need them.

They are seeking to recruit a replacement treasurer as part of their management team. The treasurer may or may not be a listening volunteer. The treasurer's principal responsibility during the year is to pay bills, receive funds for lodgement to the bank and to record these transactions on a relatively simple spreadsheet. The treasurer provides a monthly financial update at the monthly management team meeting. At the end of the financial year (31st March annually) the treasurer uses the spreadsheet figures to compile formal income and expenditure accounts.

Related duties include submission of reports to the Charities Commission, to the Companies Office, and to Samaritans Central Charity; arrangements of insurance annually; and other financially related duties as requested by the charity's Director. If the applicant also decides to become a listening volunteer, then they will attend the Ballymena office 3.5hrs per week for this purpose.

- The financial duties can largely be carried out from home. When travelling for purposes of the Treasurer's role mileage payments may be claimed.
- The treasurer role would suit someone from a financial background, ideally accountancy.
- The volunteer will shadow the existing treasurer for 6 months. The listening volunteers go through a formal training programme incorporating individual mentoring followed by a six-month probationary period plus annual online training



## **Befriender for young people**

The Befriending service for young people aims to offer young people who are in the process of leaving the care system a trained volunteer they can spend time with on a regular basis. This improves social skills, raises self-esteem and builds self-confidence. Volunteers will work on a one-to-one basis with a young person aged between 16-21 who are in the process of leaving the care system. Befriending consists of meeting on a regular basis with the young person and spending time together doing social activities such as going for coffee, cinema, bowling or going out to dinner.

**Volunteers need to aged 18+**



Concern Worldwide is an international humanitarian organisation specialising in tackling hunger with the most vulnerable people in 25 of the world's poorest and most fragile countries. Their mission is to help communities living in extreme poverty achieve major improvements in their lives, which last and spread without on-going external support.

## **Collection Box Co-Ordinator**

As a volunteer Collection Box Co-Ordinator, we ask you to visit shops, businesses and clubs in your local area distributing our charity boxes, collect the boxes when they are full, count the money and send it back. This is a really flexible opportunity that you can arrange around your own needs, whether you can spare one hour a fortnight or more.

## **Adjudicators**

To hear the insightful views of today's youth on global issue. All we need are good listeners who can see arguments from both points of view. We will be running a brief training session which is 45 minutes and helps the volunteers to understand the marking scheme for each debate. Each debate runs for just over an hour and takes place in the schools themselves in the evening after work. You can support as many or as few debates as you wish, but we would ask all adjudicators to consider supporting two debates during the programme. As part of the application process all adjudicators must complete an Access NI Basic check.

**Volunteers need to be aged 18+**

### **Squirrel Leader/Helper**

The Squirrel Drey is the youngest section of the N.I. Scout movement and are aged 4 yrs. to 6yrs. They are the beginning of our learning experience of opening up to a new world of adventure in their everyday learning. They can draw, colour in, paint, and do storytelling of all the things they learn. The Squirrels play, act out stories, enjoy fun, and learning from the stories and drawings you give them to do. You as a Leader or Helper will never be left on your own as you will have the support of other Leaders to help you out in anything you do. **Volunteers need to be aged 14+**

### **Beaver Leader/Helper**

The Beavers are aged 6 to 8 yrs. old. They come from all walks of life and all backgrounds. There is a varied program of many different things such as craft, games, badge work, visits, trips, stories, painting, colouring, and many other things too many to name. They join other groups at times to do a camp overnight or days out like Beaver Rally Day, which is a big FUN Day organized by Scout HQ. No Volunteer has to pay for anything. If they want to become a leader, they can do training or if they want to be a helper that's fine too. Fun and Friendship is our motto. **Volunteers need to be aged 14+**

### **Cub Leader/Helper**

The Cub section is aged between 8 to 10½ yrs. old. They work towards a badge scheme which is very comprehensive there are many opportunities for camping in various places, joining in awards. The program is based on the Scout movement and it is about learning new skills, working as a team, having loyalty and commitment, and facing challenges along the way. They can do various types of events, join other groups in all activities. They are indoor and outdoor and have many badges to complete along the way. This leaves them with life skills for the further and for to carry these through into the next section. It is a weekly program and commitment is vital. **Volunteers need to be aged 16+**

### **Scout Leader/Helper**

The Scout Section are young people aged 10½ to 16 years old. They do many exciting and adventurous things along the way. They can do many activities such as canoeing, boating, rafting, and many other water activities. They follow a badge scheme of many different badges to be obtained along the way. The badges are from many areas such as hobbies, music, swimming, crafting and there are many more. The Scout section camp and do many different activities in camp life, like fire making, wood building etc. **Volunteers need to be aged 17+**

### **Casual / One off Volunteer opportunities -**

Have you a skill or a hobby you want to come and share with their members? Help the leaders for a night run an activity? Maybe craft session, woodwork, makeup/nails or anything that would tie in with their badge work.

All sections meet in Magherafelt on a Monday from 7 pm to 8.15 pm



## Home Based Volunteering

See Around Britain & See Around Europe form a huge photo gazetteer throughout the UK and Ireland and mainland Europe, designed for everybody, including disabled people, to help decide if a venue will be suitable for visits.

Everything from transport access to washroom facilities can be viewed in a series of photographs of the venue. View the suitability and accessibility before you plan to visit or arrive at the venue.

They are urgently recruiting volunteers for 2 homebased volunteer roles:

### **Venue Description Writers**

They urgently need to enlarge their team to work on photographs that need to be uploaded to the website with descriptions for their venues. They can give online training in this, which can be done at home, but volunteers will need their own computer.

They're looking to recruit a number of volunteers that can help to carry out the crucial role of ONLINE researching and collating the essential information that is provided on their website. The role will include using a variety of methods to carry out ONLINE research on various tourist attraction and other destinations and then using a template to write descriptive and informative information to be published on the website.

This stimulating work will let you travel and discover a wide range of venues from your armchair.

### **Social Media Volunteer**

Social Media Volunteers are needed to write posts on our charity's Twitter, Instagram and Facebook accounts, with guidance and support from the charity and its social media coordinator. This can be done online flexibly from home by the volunteer dependent on their time availability with regular support from the charity via email and Skype.

For further information on the roles or to apply please contact their website and complete online form:

[www.seearoundbritain.com/about-us](http://www.seearoundbritain.com/about-us)



## **Check-in-and-Chat** **Volunteer**

**Home Based  
Volunteering**

Age NI, with the support of the Commissioner for Older People for Northern Ireland, is offering a 'Check in and chat' telephone service for everyone who is over 60 in Northern Ireland, who may feel isolated or lonely during this time. It's hoped that the initiative will help provide some reassurances to older people, answer basic queries and link people to local services and support during the Coronavirus outbreak.

### **What will you be doing?**

- You will make a weekly telephone call to a local older person and liaise with them directly to arrange your calls. This call could be between 10-30 minutes
- Engage in meaningful conversation, providing company and a friendly voice to someone who may be isolated and lonely
- Complete a contact log at the end of your call which will be returned to the Check in and Chat Coordinator
- Report back to the Check in and Chat Coordinator if any needs arise or if the older person needs to be signposted to another organisation for further support.
- The role is very flexible and can be tailored to suit you and your service user.

### **What support will you get?**

- A thorough and virtual induction training with an e-training pack
- A central point of contact (Check in and Chat coordinator)
- Supervisions and ongoing support

### **What will you gain?**

- Fulfilment – feel good about making a positive, life changing difference
- Learn new skills
- Gain social interaction and a chance to develop friendship and knowledge on available services and activities
- Boost your CV and increase your employability
- This role is only suitable for those 16 and over and is subject to an informal interview, Basic Access NI check and a reference check.



## Home Based Volunteering

### Helpline Volunteer (18+)

Our Helpline volunteers are often the first port of call for vulnerable older people (or perhaps worried family members or carers). They provide a listening ear, emotional support and explore various sources of help. You don't need to be expert in abuse or the support framework for victims – just compassionate, understanding and have an interest in issues affecting older people. We'll provide full training, and you'll have extensive support from our staff and other volunteers in the team.

Are you:

- Aged 18 or over;
- Enjoy working with older people;
- Have excellent communication skills;
- Build a rapport with older people, and or people in distress;
- Provide empathy, advice, support or just be someone who can listen;
- Be willing to undertake comprehensive training to provide you with the relevant knowledge and skills to handle helpline calls. We're looking for home based volunteers throughout Northern Ireland. Can you offer your time for just one shift a week? We'd like you to take calls for a minimum of half a day (4 hours), at least one day a week - Monday – Friday (09:00-13:00/13:00-17:00)

### Join Mid Ulster Volunteer Centre on Facebook, Twitter or Instagram

Please feel free to support us and receive updates on latest training available, volunteer opportunities, volunteer events...

"Like" us on Facebook or Follow us on Twitter and Instagram



Follow us on  
**Instagram**