





### **Marie Curie Champion 18+**

Marie Curie Companion is a professional service provided by trained volunteers who offer one-to-one companionship and support to people with a terminal illness and their families. The service would not be able to reach those most in need if it was not for the commitment and hard work of the volunteers delivering the service. Companion Volunteers provide companionship and emotional support, practical support, short breaks for carers and help with signposting for information and support.



### **Volunteer Coordinator - Species Monitoring of Breeding Waders in the Lower Bann Valley 18+**

This is an exciting new opportunity to work with our Conservation Officer to develop a team of volunteers to help protect four priority wader species in the Lower Bann Valley – Snipe, Lapwing, Redshank and Curlew. This is your chance to work on the most extensive wet grassland in NI and one of the most important wetlands in Ireland for breeding waders - Lough Beg.

The work is variable depending on the time of year and project needs but the role can be flexible to fit around you and your commitments. They are initially looking for someone to help to support the Conservation Officer with volunteer recruitment and management during the busy nesting season (March to August) but there are opportunities to extend this role.

### **Surveyor- Species Monitoring of Breeding Waders in the Lower Bann Valley 16+**

Survey Volunteers complete surveys of agreed species on a weekly/monthly/annual basis during set times of the year. We offer training in ID and survey skills to ensure that you are prepared for each individual survey, there may be opportunities to work with a peer buddy.

This is your chance to work on the most extensive wet grassland in NI and one of the most important wetlands in Ireland for breeding waders - Lough Beg. The wetlands surrounding Lough Beg was once home to an astounding number of breeding waders, however unfortunately it followed the same country-wide trend of loss of suitable habitat and priority species due to intensification of agricultural practices. However, due to landowner advisory work, agri-environment schemes, and habitat management, we have seen an improvement of habitat in recent years and the birds are returning. With your help, they hope to continue our annual monitoring of the breeding waders at Lough Beg and expand this further into the Lower Bann Valley where will launch a breeding wader monitoring programme on new sites.



AUsome Kids is a safe and inclusive space, where Children with Autism and their families can grow and develop together based in Cookstown.

### **Craft Class Leader (16+)**

AUsome Kids require a Craft Class Leader the volunteer will be required to lead a craft class for children with autism. The activities can be anything from arts, playdoh, music, dance, sensory play etc. The parents will always be present but these activities will help with the children's independence.

### **Session Support Assistant (16+)**

This opportunity requires a volunteer to support with AUsome kids activity classes volunteer should have a willingness to help kids and be approachable.

### **Social Media Assistant (16+)**

As a volunteer you will meet with members of the team to decide on ways to support families online. You will then use this to produce various social media ads and posts. This is a great opportunity to make a difference to our charity and to lives of many of the families we support.



### **Support Group Leader (18+)**

We are looking for self-motivated and compassionate individuals to help facilitate our support groups and make a difference to the lives of the 1.5 million in the UK who suffer from endometriosis.

Support Groups offer those with endometriosis a chance to share their feelings and experiences in a safe and welcoming environment. Support Group Facilitators listen, provide emotional support and share approved endometriosis information.

- You will need to be able to commit to this role for a minimum of at least 6 months.
- You will need to set aside time to plan, organise and deliver at least 6 support group meetings a year.
- You will need to set aside time for weekly check ins on the Facebook group.
- Support group meetings will be carried out both in-person and online.



### **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.



Opportunities for older people

O4O Cookstown Ltd is an independent registered charity covering Mid Ulster Council area working to improve the quality of life for the over 60's. The Project works with the local community to help maintain older people living independently in their communities for as long as possible by:

- Developing existing community resources
- Facilitating older people to help each other
- Using their skills, experience and knowledge
- Building on their capacity for innovation, action, enterprise and voluntary activity

### **Volunteering Fundraising Co-ordinator (21+)**

Due to the ongoing demand for services O4O Cookstown Ltd currently require volunteers to help with their fundraising efforts. The ideal candidate would have good communication skills, previous fundraising and event organisation experience.

### **Kitchen Assistant (18+)**

O4O require a volunteer kitchen assistant in the mornings to help with their meals on wheels service and luncheon clubs. The kitchen is in constant use and the volunteer would be required to keep it clear and clean.

### **iPad Tutor (21+)**

O4O require a iPad tutor to teach basic iPad skills on a Thursday afternoon. The volunteer would be teaching older people how to use email, the internet and how to shop online.



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+)**

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.



## 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!



CDM Community Transport operate a Volunteer Car Scheme involving local volunteers who drive their own vehicles to bring registered members to a wide range of appointments. This service is not just a mode of transport from A to B it provides a friendly face and companionship for both the passenger and driver.

## Volunteer Car Driver (21+)

This is a great opportunity to support your local community and get involved in providing members of CDM Community Transport with the gift of a lift. You will be engaged in transporting vulnerable members to and from various types of appointments within our operational area and further afield if you feel comfortable to drive outside CDM's operational area.

You will drive your own vehicle and be reimbursed for all mileage costs and out of pocket expenses. Training will be provided around Driving, Mobility Needs, Dementia, First Aid Etc. You'll become part of the team and enjoy being socially connected.



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.



### **Lilac Cancer Support – Charity**

### **Shop Volunteers**

Lilac is a small charity making an enormous impact on Health & Wellbeing in The Mid Ulster Area and also providing Services to those affected by cancer since 2003. They can only do this with the Support of the community through Volunteering and Fundraising. Lilac recognises that they are part of a bigger picture and work with the statutory and community sector to provide additional services making Mid Ulster a healthy and happy place to live in.

Volunteers need to help in their Charity Shops based in Cookstown, Dungannon & Coalisland. Shop volunteer hours available Mon-Sat 11am-3pm



### **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.

### **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.



### **Charity Shop Volunteer (16+)**

Drop Inn Cookstown is a new charity shop which has recently opened and are recruiting volunteers. This is a great opportunity to meet new people and build friendships within the local community. The money that is raised within the charity shop goes towards Community Projects and local Food Banks.



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.

### **RNID Near You – Hearing Aid Support Volunteer (18+)**

RNID Near You volunteers do 6 main activities to help us make life fully inclusive for deaf people and people with hearing loss and tinnitus.

You don't have to do all 6 of these activities – you can pick the activities you find most interesting and match your skills and experience.

- Maintaining Hearing Aids
- Helping people check their hearing.
- Informing people
- Meeting and Greeting
- Admin

### **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



### **Cookstown Base Volunteer (18+)**

The primary function of the Base is to maintain friendships and/or develop new friendships. It acts as a base for leisure and social activities within the local community for adults with learning disabilities. The Base aims to have a team of volunteers to complement and support the work of the Base Co-ordinator.

Volunteers are needed to support staff at The Base Cookstown in promoting independent living skills for adults with a learning disability within a fun and relaxed environment.

- Support The Base Co-Ordinator with the activities held in The Base and the local community e.g., the leisure centre, library, shopping centre etc
- Support staff during activities
- Support and accompany clients on short outings as directed by staff
- Available for 2-3 hours over the period of a week (Monday to Friday)

What skills would the volunteer need to successfully fill the post?

- Good communication skills
- Prompt and reliable
- Comfortable in group settings
- Trustworthy and Friendly
- Genuine interest in a variety of activities such as arts and crafts, music, cooking, physical activity.



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.



## 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 143 registered families from across Mid-Ulster.

There is a total of 183 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.



### **Meeting Volunteer (16+)**

This Volunteering opportunity will require the volunteer to attend our weekly meetings for 2 hours per week and to help with refreshments and to help tidy up after the meetings. Our meetings are held every Thursday morning at the Cookstown Community Centre.

The Volunteer would need good communication skills and also good listening skills.

Cookstown MS Help and Support have had volunteers before and they have told us they have a good experience meeting new people and have taken this with them to their current employment position.

The volunteer would get all the support and training they need in a very friendly environment.



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.



National  
Trust

### **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: Wellbrook Beetling Mill, Cookstown or 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.

### **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.



### **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.



## **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.

What you'll be doing

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



### **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 -**

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.

### **Service Support Volunteer-**

Do you enjoy a cup of coffee or tea? Do you enjoy getting out into your local community? Then this role is for you! Taking place at our Woodlands Community Wellbeing Service in Cookstown, you will work in partnership with Inspire staff to provide a safe and supportive environment to ensure they enjoy the benefits of social interaction, community engagement and off course a good cup of tea or coffee. 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.

### **Volunteers needs to be aged 18+**



### **Support Volunteer (16+)**

Superstars is a dynamic, energetic, forward-thinking charity which provides life enhancing opportunities for people with learning difficulties. Our provision is tailored to suit the abilities of our members regardless of their disabilities. We are seeking Volunteers to assist with the smooth running of our social enterprises and evening groups.

Volunteers can support with various activities and programmes within Superstars:

#### Recreational Support Volunteer –

The role would be to assist with the smooth running of the recreational evening groups assisting and encouraging members to participate and engage in the activities. Also, to record club attendance sheets.

#### Social Enterprise – Café Support Volunteer

Café Opening hours:

Thursday: 9.00am – 4.30pm

Friday: 9.00am – 4.30pm

Saturday: 9.00am – 4.30pm

Volunteer would assist with the running of the café. Assisting the Trainees to complete their daily chores.

# SAMARITANS

## 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+**



Action Cancer have a range of volunteering roles available in their Charity Shop based in Cookstown. From sorting stock in the store rooms, to using the till and customer service.

Do you want to meet new people, gain valuable work experience, develop your skills and have fun at the same time? Then this is the opportunity for you!

You will be given full training on customer service, product knowledge, health and safety and all operational procedures that are involved. The volunteering roles are fully flexible and the hours are created around your availability.

No experience is necessary as full training, induction and support will be given. Volunteers need to be 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.



## 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 18 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**