



Volunteer Opportunities List

Need more information? Contact

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Making a difference!

Mid Ulster Talking Newspapers

Readers and IT Operator (16+)

The Mid Ulster Talking Newspaper produces a weekly talking newspaper and magazine, called "Soundtrack", for visually impaired people. Their volunteers digitally record news and articles from local newspapers, the Mid-Ulster Mail, The Mid Ulster Courier and The Tyrone Courier, for the talking newspaper, and for the magazine articles of local interest, short stories, interviews and reminiscences from local people.

When the recordings are completed, they are sent to Ballymena Library where they are copied onto memory sticks which are then distributed to their listeners. They also upload the recording onto the Talking News App for recipients to listen to on a smart phone or Alexa. "Soundtrack" is provided free of charge and a radio and CD player with a USB Port is required.

They would like to recruit a small number of volunteers. They could be adults or young people who would like some work experience for college/university applications or when undertaking awards through school or youth organisations. Ideally, they would like some people on a long-term basis to help with the IT aspect of the production of the talking newspaper.

Mid Ulster Talking Newspaper is recruiting new volunteer Readers and IT operator based in Cookstown.
This is an opportunity for those who would be able to help in one or more of the following

- ◆ read clearly from the newspapers or have some IT skills or both as part of a team.
- ◆ make a magazine individually using their own materials as part of a 5-week rota



Support Companion – Men's Club (18+)

Are you someone who enjoys good conversation, fresh air and helping others from all walks of life feel included? We are looking for a reliable volunteer to join the Forever Youngs' Men's Club supporting members on days out, breakfast/coffee mornings and during in house activities such as games days, inspirational talks, exercises programmes.

You'll be accompanying a group of older men, offering social support, conversation and a helping hand when needed. From local outings, walks, in house games, crafts or simply sharing a cuppa – your presence will help create a warm and welcoming atmosphere.

The ideal volunteer should be friendly, patient and respectful; enjoy a chat and listen with interest; comfortable supporting older adults with mobility issues or social needs; reliable and able to commit to regular weekly/monthly activities.

As a volunteer you will gain the chance to make a real difference in someone's life; new friendships and rewarding experiences; valuable experience in community and elder care support.

Magherafelt Youth Centre Volunteer – 16+

Magherafelt Youth Centre is looking for fun and caring volunteers to assist with youth work activities within the centre. Magherafelt Youth Centre offers a safe and inclusive environment for all, providing children and young people with opportunities for their personal and social development.

Volunteers need to enjoy working with children and young people and be fun and caring. Experience of working with children and young people would be great.

Opportunity happens, Tuesday, Thursday and/or Friday – also opportunities over the summer

Cookstown Area Youth Project (18+)

Volunteers will have the opportunity to develop skills needed in a youth work capacity. They will be part of an energetic, caring and fun team. There will be training opportunities and scope for possible travel on various educational visits with different youth groups.



Wildlife Wanders Volunteer *(under 18's need to be accompanied by an adult)*

On the first Sunday of every month from 2-4pm BTO (NI) run a Wildlife Wander event in Cookstown.

The Wildlife Wanders are relaxed walks in nature in a friendly group, with people of all ages welcoming new people to come and explore their local wildlife. Together the group learns about the varied nature on our doorsteps, develops skills in wildlife identification, and contributes to local biodiversity recording. These are great opportunities to spend time outside with a lovely bunch of people, enjoying the personal wellbeing benefits of being in nature and meeting like-minded folk, as well as developing skills for further nature volunteering.

The Wildlife Wanders are run by local volunteers and held at Cabin Wood at the south end of Cookstown, which is a beautiful wee gem of a woodland that is full of wildlife.

They are looking for people who would like to join the Wildlife Wanders to explore and learn about nature with the group, volunteering by recording the wildlife that the group finds. They are also looking for people who would like to join the team of local volunteers to facilitate the events – these volunteers are friendly and welcoming people who enjoy learning about wildlife with others (being a nature expert is definitely not required!).

The Wildlife Wander events themselves are training in wildlife skills in an encouraging and fun environment. For the volunteers facilitating the Wildlife Wanders, we provide additional training outside of the Wildlife Wander events, plus ongoing support and regular contact with our staff. No minimum commitment for those looking to join the Wildlife Wanders, but for those looking to join the group of volunteers who facilitate the events, they would like people to join the team for at least 6 months.



School of Sanctuary Volunteers (18+)

Would you be interested in becoming involved in the Schools of Sanctuary monitoring progress?

You may be involved with support groups such as cultural community groups, youth groups or churches. You may be from a diverse background, such as asylum seeker and refugee, who have had recent experience of schools or just have an interest in helping provide a safe space.

You will receive training on the content of Schools of Sanctuary Programme and how to become a Schools of Sanctuary volunteer monitor in a range of schools. You will be mentored by experienced Schools of Sanctuary monitors from the Belfast City of Sanctuary. With support from the Education Authority, Intercultural Education Service, the new monitors will be asked to review a submission for the Schools of Sanctuary award in the form of a power point presentation and follow up with a short visit to 2 schools to ask questions about the powerpoint presentation.

Since 2017, Belfast City of Sanctuary, the Intercultural Education Service, Education Authority and The Executive Office have been working together to support schools who want to make their school a place where every child feels safe and accepted regardless of what they believe, where they are from or what they look like, a place where cultural diversity is valued and celebrated.

They are currently expanding the Schools of Sanctuary programme to 26 schools in the 2 council areas of 'Mid Ulster' and 'Armagh, Banbridge and Craigavon' and are asking for your support.

EPILEPSY ACTION

NI Community Champion (18+)

Epilepsy Action Community Champions are at the heart of helping to create a world without limits for people with epilepsy. They offer support and visibility at a local level, from fundraising to awareness raising and will help Epilepsy Action to achieve these goals. The Community Champion Volunteers in Northern Ireland have three main roles:

- Helping to raise awareness about Epilepsy Action's work to make a difference for people living with epilepsy
- Supporting their fundraising team and ultimately helping to raise funds for the charity's work
- Actively engaging and building networks with local groups and associations in Northern Ireland

There will be flexibility so you can decide how you want to support and champion Epilepsy Action to really make a difference at the heart of your community!

****Out of pocket expenses will be reimbursed by Epilepsy Action. Training and support will be provided.**



Hope Magherafelt aim to inspire, empower and connect people, by providing the support needed to transform and improve lives. They want to restore hope in our community by creating a space where life's struggles are shared and supported. Their Hub is the window to their projects, which include but are not limited to, foodbank CAP (Christians against poverty) and Mum's café.

Hope Hub Volunteer (18+) - Tuesday, Wednesday, Friday

This role provides direct support to people who use food banks. Hope is committed to ensuring anybody visiting their food bank is welcomed, valued and treated with dignity. Whether serving tea and coffee, packing their food parcels, making them feel comfortable or providing further signposting support where appropriate, each role is important. These lists are not exhaustive but cover the basic duties.

Kitchen

- Welcome clients to the Hub
- Serve refreshments (tea, coffee and sweet treats) and tidy up as required during the session
- Clear tables and keep on top of dishes throughout
- Chat to visitors
- Undertake Food Hygiene Training (when required)

Packing

- Prepare foodbank parcels according to the standard packing lists
- Monitor stock room levels-remove out of date stock and add new stock to shelves in date order where needed
- Keep the storeroom clean and tidy-brushing floors, emptying bins etc.

Support/Signposting

- Validate foodbank vouchers and complete packing list with individual/family
- Offer a listening ear and signpost clients, as required, to further support, using information from the signposting folder/leaflets
- Offer prayer to clients, when appropriate (if a volunteer is happy to do so)
- Work under the guidance of the session leader and report any health & safety or safeguarding concerns to the supervisor
- Restocking the supply of leaflets/signposting material etc.

Warehouse Volunteer (18+) - Tuesday evening

This role involves managing food donations which are distributed through foodbank parcels. Food donations are weighed, dated, categorised and stored, ready for distribution at the Hub. This list is not exhaustive but covers the basic duties.

Key tasks

- Ensure that all Trussell Trust warehousing procedures and processes are followed as per the foodbank operating manual
- Receive food donations from members of the public and thank them (when required)
- Ensure that incoming stock is checked, weighed, and recorded
- Sort food by date and type, removing any items that are damaged or out-of-date and weighing these out separately
- Keep warehouse area clean and tidy at all times, checking for evidence of pests and notifying the project manager if there are any concerns
- Assist in undertaking an annual stock take as detailed in the foodbank operating manual
- Report any health & safety or safeguarding concerns to the project manager

CAP Befriender (18+) - Tuesday & Wednesday

A CAP befriender is someone who has a passion for people and lives out what it means to build community. Being in debt is often linked to social isolation for many clients. Debt can mean having no disposable income to socialise with friends, carrying the stigma associated with being in debt and having low self-esteem. Many client's lives can be a little chaotic and full of fear regarding their situations. Befrienders work closely with the Debt Coaches, accompanying them on visits and focusing on the non-debt related needs of the client, such as:

- Facilitating bringing the client into community
- Identifying hobbies and possible points of social connection
- Introducing the client to other local services
- Providing assistance with practical tasks
- Praying with clients

This role is client facing and would suit someone with:

- Great relationship-building skills
- Non-judgemental and caring nature
- Passionate about helping people and bringing hope to them
- Trustworthy in keeping confidential information
- In agreement with CAP's core values and statement of faith
- Willing to pray with their clients and CAP team
- Understands the concept of keeping good boundaries
- Clearly demonstrates a heart and passion for the charity and the local church



Breeding Wader Surveyors (Lower Bann Valley) 16+

RSPB is looking for volunteers to help them survey breeding waders between April and June around Lough Beg. These surveys are vital for informing habitat management and influencing conservation decisions. Training will be given if you are new to surveying. The opportunity happens at Lough Beg and surrounding area.

We are looking for volunteers with the following skills and experience:

- Ability to walk 3- 6km, often on wet and uneven terrain.
- Identification skills of Lapwing, Snipe, Redshank, Curlew and Corvids
- Or an interest in increasing your identification and survey knowledge.
- Ability to complete the surveys as an individual or in small groups.

Lough Neagh Reserve volunteer (Tuesdays and Thursdays) (16+)

We are looking for work party volunteers to join us on our reserves; Portmore Lough, Montiaghs Moss and Lough Beg. RSPB nature reserves are special places for people and wildlife and we rely on volunteers to keep these habitats thriving and in good shape. This role is suitable for under 18's.

It might seem like these wild places have always just been there. But quite often we have to work really hard to maintain habitats to be in the best condition for wildlife. We have lost a lot of wild landscapes, so the small places that we do have, need a bit of extra care.

As a Reserve Work Party Volunteer you will be joining a regular practical work party team to undertake practical habitat management tasks across the three Lough Neagh Reserves:

- Cutting and clearing vegetation.
- Maintaining and managing tools and equipment.
- Creating and maintaining visitor infrastructure, such as paths and benches.

If you enjoy being outdoors, meeting new people and hands on conservation work, then this role could be the perfect opportunity for you. This role does involve a reasonable amount of physical activity, so will enable you to keep your fitness levels high, as well as helping your mental health and wellbeing. You will have the satisfaction of knowing that you are making a genuine contribution to nature conservation, and you might find it rewarding to safeguard nature in the area you are working to protect.

We are a friendly and supportive team. If you are volunteering to learn new skills and gain knowledge about wildlife conservation work, you will find that our team will be more than happy to help you on that journey.



Parent to Parent Emotional Support Helpline Volunteer (18+)

Homebased Role

Are you the parent or primary carer of an autistic person?

Become a Parent-to-Parent Volunteer and help other parents and primary carers of autistic children and adults when they need it most. Their award-winning helpline offers emotional support, practical strategies, and a listening ear, all delivered by trained volunteers who are themselves the parents or primary carers of autistic people.

As a volunteer, you'll:

- Call parents who have contacted our service
- Use your lived experience to support others
- Provide emotional support and helpful strategies
- Join a compassionate, supportive team
- Gain valuable skills with expert training
- Volunteer from home with flexible hours
- Access 24/7 support through our Employee Assistance Programme

National Autistic Society welcomes all parents and primary carers of autistic people, and they're especially keen to hear from dads, autistic parents, and volunteers in Scotland, Wales, and Northern Ireland.

When and Where:

Volunteer from home between 9 am and 5 pm Monday to Friday

This is a specialised role. They ask volunteers to commit to a minimum of 3 hours per week. The role is flexible, and you can spread your 3 hours across two days to fit around your work or parenting responsibilities.

To volunteer, you'll need: ·

- A private mobile phone.
- A computer with internet access.
- A quiet, distraction-free space



Good Morning Caller – (18+)

Mid Ulster Agewell's Good Morning Call Service provides a daily phone call (Monday-Friday) at an agreed time to anyone over the age of 50 who feels that they would benefit from it and who registers for the service from our base in Magherafelt. This phone call provides social contact, reassurance and a listening ear to ensure that the Good Morning member is safe and well each day. It attempts to reduce feelings of loneliness and isolation that the person may be experiencing. It also keeps them updated on activities and events happening in their local area, and connects them to other relevant services. These include the likes of luncheon clubs, arts & crafts classes, walk & talk groups, physical activity sessions etc.

Volunteers should have:

- Good communication and listening skills.
- Patience and an understanding of issues affecting older people, such as loneliness/isolation/lack of support.
- A genuine concern for our members' state of health & well-being.
- Confidence & ability to signpost onto other services and/or organisations when and where appropriate.

Volunteers will be given an overview of the organisation and current services provided. They will shadow a fully trained Good Morning staff member for as long as they feel necessary before taking on the role of volunteer caller themselves. The volunteer will be supported at all times by the manager and will receive relevant training in connection with their role.



Live Well Champion (18+)

Are you passionate about improving the health and wellbeing of your community?

Are you motivated to make a difference?

The Diabetes UK Live Well volunteer will provide short-term assistance to individuals. They will help individuals access local community-based activities and services, that support better diabetes management and risk. The Live Well Champion will build knowledge and understanding of the condition and encourage those affected by diabetes to make the appropriate lifestyle changes.

Live Well Hub meets on the 3rd Thursday of each month and held at Gortalowry House Cookstown.



Volunteer Admin Support (16+)

This is an exciting opportunity for someone to gain valuable administration experience in a local charity, supporting the day-to-day work of volunteering within the Mid Ulster area.

Purpose of the role:

- To provide administrative support to the Volunteer Co-ordinator in our Magherafelt Office.
- General office duties including word-processing, photocopying, filing
- To help maintain the volunteer database, including data input.
- To undertake administrative duties in relation to the recruitment, training and general support of volunteers.

Skills and experience (desirable)

- An interest in the community and voluntary sector.
- Good IT skills- experience of using Microsoft Office, confidence using Email and internet.
- Good organisational skills.
- Basic experience of administration duties or similar transferable skills.
- Ability to communicate effectively.
- Good interpersonal skills with the ability to work flexibly as part of a team.
- Ability to be discreet and to deal appropriately with confidential information.
- A willingness to learn and be part of a team.

Volunteer Receptionist – InVOLve House, Magherafelt (18+)

As a Volunteer Receptionist, you will be the first port of call for any visitors to InVOLve House. We will rely on you to create a good impression, so above anything else, you'll need to have a good rapport with many different types of people helping them to feel looked after and at ease.

Key Responsibilities

- Answering the telephone, taking and relaying messages
- Greeting visitors in a welcoming and friendly manner and directing them to the right location
- Monitoring those entering and exiting the building
- Keeping the reception area tidy
- Providing information about InVOLve House, and activities going on in and around the building
- Providing general clerical and administrative support as required

What you will get out of it

- Gain Experience
- Opportunities to meet and work with new people
- The opportunity to use existing skills and gain new ones



Voluntary Car Driver (18+)

As a Northern Ireland Ambulance Service Volunteer Car Driver, you will transport in your own car those non-emergency patients that do not require an ambulance to and from their health care teams for their medical treatment and care. This is a personally rewarding and fulfilling opportunity to help patients in your community. Flexible to fit in with other aspects of your life.

You will benefit from:

- Volunteering within your own community
- A supportive work environment, with a designated VCS contact and peer support via VCS Forum activities.
- NIAS badged uniform
- Developing key interpersonal and workplace related skills.
- Reasonable expenses covered, including a competitive mileage.
- Gaining experience of working within the Health & Social Care environment.

Volunteers must:

- Be aged 18 years old or over,
- Have access to their own car,
- Have a UK full driving licence with maximum 3 penalty points,
- Have car insurance to include business use and tax, and
- Provide two-character references.

APPLICATION DOCUMENTS: The website link to download the application form and information leaflet is: <https://nias.hscni.net/services/involving-our-community/voluntary-car-scheme/>

NI Ambulance Service (VCS) service can help provide you with support in completing forms or to talk through the role in more detail. They can talk in person if you prefer or via telephone call at: 028 7134 7134 Option 3. You can also reach them by Mobile/Text message on: 077 7152 0122 or email us at: NIAS.VCS@Nias.hscni.net.



Support Group Volunteer (18+)

The Stroke Association require a Support Group Volunteer for their group on a Tuesday morning at First Presbyterian Church Hall Cookstown for two hours.

As a 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.

Stewartstown Community Group –

From the community – for the Community

Forest School Assistant (18+)

The volunteer will meet the forest school leader and be introduced to the woodland area before they start volunteering. They will be given an introduction to forest school pedagogy and their role description will be outlined to them.

- Fire lighting - learn to gather tinder, kindling and fuel to light a fire and keep it going during forest school sessions.
- Prepare a snack on an open fire.
- Whittle sticks using a vegetable peeler or bushcraft knife to make bread on a stick.
- Assist in Forest School set up - help with general set up of water area (transporting water) erect and take down tarpaulins, assist leader in building dens, leading a craft using basic bushcraft tools.

The opportunity happens at a woodland just outside of Stewartstown and volunteers will have to arrange their own transport. No travel expenses are available.

Minimum commitment 3 months and an Access NI will be required.



Event Helper (16+)

Do you enjoy working as part of a team? Do you enjoy helping at events? Want to make a difference to people affected by cancer? If so, this role could be for you.

Event Helper is an opportunity to get a flavour of volunteering at events and support their fundraising team to ensure the smooth running of pre-arranged events such as fundraising walks, street collections and information events.

Tasks will be varied but may include:

- Promoting upcoming events in your local area
- Meeting and greeting fundraising event attendees
- Car park or route marshal
- Taking donations at events
- Helping at street collections
- Setting up equipment or helping to clear up after the event

Charis Cancer Care is a unique and award-winning centre which provides emotional, psychological and physical support to people on their cancer journey. Based at the foot of the Sperrin mountains, overlooking Lough Fea and provides a range of holistic and complementary therapies to individuals affected by cancer, supporting men and women affected at every stage of their journey. All of their services are completely free of charge to clients.

Magherafelt 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



Club Volunteer (16+)

Would you like to ...

- Give something back to your community?
- Learn new skills?
- Support others to reach their potential?
- Become part of a growing sports Team?

If yes, then why not become a volunteer with the largest Mid Ulster Special Olympics group and help a group of talented athletes to reach their potential. Eagles Special Olympics Club aims to train athletes so they can be selected for Special Olympics World Games (every 4 years). They currently run football, Athletics and Boccia.

Meet in Coalisland during the summer and Mid Ulster Sports Arena during Winter



Tidal is a dynamic community group in Toome, committed to enhancing emotional and physical wellbeing. Collaborating with charities, they foster a supportive environment for all. Their social enterprises, including a community allotment and café, promote sustainability and social cohesion.

Gardener Assistant/ Outdoor Assistant (16+)

Embark on a rewarding journey at Tidal's Duneane Community Garden, where volunteering meets sustainable living in Toome. Dive into the lush greenery and join their passionate team in cultivating a vibrant oasis of fruits, vegetables and flowers. Whether you're a sensed gardener or a novice enthusiast, there is a place for you. Beyond gardening, it's about fostering connections and a sense of belonging. Engage with fellow volunteers and community members, sharing knowledge and experiences. By volunteering, you'll contribute to community sustainability and personal growth. Join them at Duneane Community Garden and sow seeds of a greener, healthier future together.



Group Assistant (21+)

Headway has a group of 10 adults of a range of ages meeting weekly in Moneymore recreation centre on a Wednesday morning for 2 hours. The group take part in various activity like playing Boccia (a type of bowls), creating art and taking part in quizzes.

They enjoy refreshments and a chat each week. The group coordinator always has a programme which they plan and books ahead so no organisation is needed by the volunteer. They are always at the group and will direct the volunteer.



Kilcreggan Homes/Mid Ulster Sanctuary 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

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.

Art Volunteer

Mid Ulster Sanctuary Project is recruiting for an Artistic Volunteer to help with art projects at the sanctuary, from creating story boards to helping create projects throughout the site.

Volunteers need to be aged 18+ and Access NI required



Over 18's Disco Volunteer (18+)

Mencap support communities across England, Wales and Northern Ireland. They are reaching out to communities to let them know they want to help make the UK the best place for people with a learning disability to live happy and healthy lives.

Mencap are looking for friendly, fun volunteers to help at their regular over 18's disco at the Glenavon Hotel in Cookstown. Experience in supporting people with a learning disability is desired, but not essential. The disco will be held from 8pm -11pm

Their starting point is that all communities have strengths, all citizens have power, and Mencap want to build on this together! By becoming a Community Events Volunteer with them, in your local community - you will be helping to get closer to achieve this mission.

What will I be doing?

- Talking to people about Mencap's work
- Helping with refreshments
- Helping at admission desk
- Regular Walk arounds to ensure everyone is ok
- A boogie on the dancefloor and plenty of fun!

Cookstown Base Volunteer (16+)

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



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.



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.



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.



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+](#)



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 11am-1pm Monday to Friday 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 and help with serving meals.

Internet Class Assistant (18+)

O4O require a volunteer to help older people learn how to use the internet by using Android Tablets. Guide them through emails and locating information through google. The opportunity happens on a Friday 1pm-3pm

Craft Class Assistant (18+)

O4O require volunteers to help older people make craft projects and to support the tutor with different tasks, also to help serve refreshments.



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.

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.



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.

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 (18+)

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 (18+)

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 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



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.



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.



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 (18+)

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.



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



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.

Mid Ulster Wheelie Active Club – Maghera Leisure Centre 5.00pm-5.45pm

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



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: (PTO)

- 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

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



**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)



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.



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+



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.



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+



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.

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+

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

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.



Calling all Knitters and Crocheters.....

- 'Twiddle muffs' are a knitted or crocheted band with items attached that patients living with the advanced stages of dementia can twiddle in their hands. People with dementia often find fiddling with material a helpful way to relieve feelings of anxiety.
- The Volunteer Centre will link in with local Dementia units and charities in the Mid Ulster area to donate them.

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