Volunteer Opportunities List During COVID-19

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Want to volunteer and help your community during Covid 19?

Before considering helping, make sure you are well enough. Your safety and limiting the spread of the coronavirus is the main priority, and we encourage all those volunteering to adhere to government guidance.

www.publichealth.hscni.net

Mid Ulster Volunteer Centre staff are currently working with organisations and have developed an opportunity list (we will continue to add to this as and when we get more opportunities). Some opportunities are clearly marked as homebased and others are helping in the community.

Maybe you don’t see anything that suits but you still want to help out in some way. Volunteering can also be checking in on vulnerable neighbours, donating to local foodbanks when out doing your weekly shop, donating materials to those making scrubs and PPE.

It can also be keeping in contact with friends, family, colleagues as self-isolation can be very difficult for many and a wee message or call could brighten up their day, to know someone is thinking of them 😊
Everyone in Northern Ireland must do what they can to stop coronavirus spreading.

- Only go outside for food, health reasons or work/volunteering (but only if you cannot work from home), or one form of exercise a day (a run, walk or cycle, alone or with members of your household)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family
- You can spread the virus even if you don’t have symptoms

### Why everyone should be social distancing

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<thead>
<tr>
<th>If the infection rate is reduced by half through social distancing</th>
<th>Now</th>
<th>In 5 days</th>
<th>After 30 days</th>
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<tbody>
<tr>
<td>1 person</td>
<td>1.25 people</td>
<td>15 people</td>
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<table>
<thead>
<tr>
<th>With no reduction in social contact</th>
<th>Now</th>
<th>In 5 days</th>
<th>After 30 days</th>
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<tbody>
<tr>
<td>1 person</td>
<td>2.5 people</td>
<td>406 people</td>
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Source: www.statista.com/chart/21199/effect-of-social-distancing-sigsor-lab/
Every year over 500,000 older people across the UK experience abuse.

Can you give 2-4 hours per week to help them?

We are Hourglass is the only charity in Northern Ireland that’s calling time on the harm, abuse and exploitation of older people.

Hourglass Helpline:

- The only dedicated elder abuse Helpline in the UK - **080 8808 8141**
- Open Monday to Friday 9am to 5pm
- Free and entirely confidential
- A vital source of advice, support and information for victims and anyone concerned about elder abuse

Helpline volunteers:

- Are home based
- Must be aged 18 or over
- Enjoy working with older people, can build rapport with people in distress
- Communicate well by phone, provide empathy, advice, support or just be someone who can listen

Hourglass Northern Ireland gives their volunteers:

- The training to take helpline calls
- Support and guidance
- Out of pocket expenses
NIHE in partnership with the Verbal have launched a new reading rooms for Children aged 8-12 years old. Children can book a slot on the site and a trained facilitator can read to the children through Zoom and engage the young people in the story through conversation.

If you would like to volunteer or become a facilitator for your organisation

Contact Gareth on

Gareth.doran@nihe.gov.uk

Me You and Them, are committed to investing our expertise and resources in order to further achieve our cause. Since 2000, we’ve been supporting our community members in a variety of ways and measuring our success not by monetary size, but by more qualitative measurements such as the scale and effectiveness of our efforts. Just imagine what we can achieve together.

Due to Covid – 19, we need volunteers to help with:

- Delivering Meals within the Dungannon area
- Answering Phones calls/taking messages.
- Help with packing food.
- Online Befriending Service (Home Based Volunteering)
- Charity Shop Volunteers (when shop is able to open)
Age NI is the leading charity for older people in Northern Ireland. Our vision is a world where everyone can love later life. Our mission is to help people enjoy a better later life.

Every year AgeNI ask people to knit tiny woollen hats, and each one gets placed on an innocent smoothie bottle. For every smoothie sold, they receive 25p, and that money helps them fight loneliness among older people.

With everyone having to stay home this may be a good time to get the knitting/crochet needles out and start knitting the little woolly hats again, assuming you have a supply of wool at home.

Patterns can be downloaded from their website below or just create your own.

www.ageni.org/bigknit

Share your Volunteer Story

Volunteering can help many people from gaining employment, help with health issues, gain experience or feeling part of your community. Your story could inspire others and also promote the work of the organisations you volunteer with.

If a story is too much maybe it’s just answering the question

I volunteer because........
Take on the 2.6 Challenge in support of The Royal British Legion.

With the London Marathon and many other mass events cancelled due to the Covid-19 pandemic, they’re asking people to show their support in a new way and take part in the 2.6 challenge on behalf of The Royal British Legion.

You don’t need to be a marathon runner to take part – this is a challenge for all ages and abilities. Just think of an activity based around the numbers 26 or 2.6 and complete it on or from Sunday April 26.

The money raised through the 2.6 challenge will help them to continue providing critical support to those who are most at risk within our communities.


Feeling fit and well? If so, NI Blood Transfusion Service still need blood and platelet donors to save lives. Travelling to donate is considered essential travel.


All donations are now by appointment only, please call 08085 534 653 to book
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 these when our offices open again.
Take part in the 2.6 Challenge!

Become a Home Hero & raise vital funds to help Air Ambulance continue their life-saving work!

Choose your own challenge:

You can keep it simple by pledging to run or cycle 2.6 miles as your daily exercise. Or make it as imaginative as you want, your challenge can be anything from 26 mins of hopscotch in the garden to a 2.6K domino chain around your house!

To get involved, simply click the link below to create your fundraising page by searching for "Air Ambulance Northern Ireland" as your chosen charity!

www.twopointsixchallenge.justgiving.com/donate

Become a Community Reserve Volunteer

Help your community in a crisis.

British Red Cross can help you share your kindness with those who need it most.

Register your interest

www.reserves.redcross.org.uk
Action Cancer need YOUR help
You could become an Action Cancer Home Hero today

Sunday 26th April, thousands of runners were due to take part in the London Marathon and raise money for charities across the UK.

However, instead a new and exciting fundraising campaign has launched - The 2.6 Challenge and great news, you don't need to be able to run a marathon to take part! Get creative and begin your own 2.6 fundraising challenge!

The 2.6 Challenge is a fun and exciting way for you to become an Action Cancer Home Hero whilst raising some money from the comfort of your own home or garden!

Set yourself a challenge based around the numbers 2 and 6! Whether it’s a 2.6-minute skip or 26 minutes without looking at your phone - you can take on the 2.6 Challenge and become an Action Cancer Hero helping raise vital funds to help support those vulnerable people who need us most

Please visit twopointsixchallenge.justgiving.com for more info!
Jog, walk or run 26.2 miles in a month and raise £100 to help beat dementia

Set yourself a marathon challenge with a twist. It's time to tell dementia to jog on!

The coming months are set to be tough and COVID-19 will hit people affected by dementia the hardest. This also means that their ability to ramp up support for the people who need them is at risk.

They are estimating the scale of deficit to be in the millions, both as a result of COVID-19 and the impact on fundraising income. So, they’re asking you to go the extra mile (or more specifically 26.2 miles) and sign up now to take part in Jog on Dementia.

Further information or to sign up

www.jogondementia.alzheimers.org.uk/
Take part in Age NI’s 2.6 fundraising challenge.

You will be aware of the devastating effect that the Covid-19 pandemic is having on our community, and, in particular our older population. It is impacting charities like Age NI, with the cancellation of fundraising events and shop closures. They were relying on these to generate £225k income over the next six months to help support the vital work they do together.

Despite this, they remain committed to sustaining and increasing their service provision to vulnerable older people who need them now more than ever.

The challenge consists of taking on an activity of your choice based around the numbers 2.6 or 26 to fundraise for Age NI. People of all ages are taking on - The 2.6 Challenge with a host of activities – Walk for 2.6 miles, knit for 26 minutes, or bake 26 cupcakes. The ideas and options are endless.

How can you get involved?

- Dream up an activity based around the number 2.6 or 26 that suits your skills (and follows government guidelines on exercise and social distancing); it can be as crazy as you like!
- Create your fundraising page on AgeNI website.
- Film a video of you in portrait format talking about/demonstrating your chosen challenge
- Share on social media, tag AgeNI and use the hashtag #Twopointsixchallenge
Could you brighten up someone’s day?

Maybe with a letter/card, a poem or draw/colour a picture

There are many lonely people living in residential care homes locally. Many of these people are older, some have mental health issues and some have learning difficulties.

A letter, card, a poem or a picture from you could make such a difference. All you need to do is pop it in the post to a local care home and the carers will pass them on to the residents or will read it to them if necessary.

It may seem like a very small gesture but it can make a world of a difference. In the midst of all the confusion and uncertainty that we are experiencing right now YOU CAN MAKE A DIFFERENCE.

Not sure where to send it to, then please contact the Volunteer Centre and we can help.
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)
Run, walk or jog 30k in 30 days

Stay active in lockdown with NSPCC Run30 challenge and help raise vital funds for their Childline service so they can be there for children.

Whether you do 1k a day, break it into bigger chunks, or take on the full 30k in one go, you’ll be making a huge difference to children.

Sign up for £30 and spread the word to friends and family! Why not get a virtual team together to raise even more? Or ask friends and family to make a donation.

It’s amazing what we can do together. For every 1,000 people that sign up, NSPCC could run Childline for a day.


Advice NI is looking for enthusiastic and committed volunteers to assist in the delivery of the COVID 19 Community Helpline.

This role involves answering queries from the public over the phone along with signposting to appropriate practical help and support. More information on the role can be found on their website

www.adviceni.net/covid-19-community-helpline-volunteer

If you wish to be considered please contact Laura McDonald, Volunteer Co-ordinator at Laura@adviceni.net or 028 9064 5919 for a registration form.
Volunteering with Action on Hearing Loss is a great way to make a big difference for Deaf people, or people who have hearing loss or tinnitus. There are lots of ways you can volunteer from Home and whatever you choose, you’ll gain confidence, new skills and experience.

**Befriender**
Help enhance quality of life for older hard of hearing people in the community and residential homes by reducing social isolation.

**Tech survey volunteer**
Help developers design products that meet the needs of those who are D/deaf, have hearing loss or tinnitus.

**Deaf befriender**
Help enhance the quality of life for older deaf and hard of hearing people in the community and residential homes by reducing social isolation.

**Researcher**
Carry out online research at home to create a spreadsheet of contact details for care homes, nursing homes, supported living centres and day centres in a particular geographic area.

**Telephone hearing aid support volunteer**
Provide hearing aid information and signposting for NHS hearing aid users by telephone. Guidance notes will be provided.

Visit their website for more information and apply

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.

**Ready to register?**

Contact Val on Val.gamble@ageni.org / 028 9024 5729
Virtual MS Connect Café Volunteer

Do you enjoy meeting new people?
Do you want to help people living with MS in your local community?

Then MS Society’s Volunteer Café host position is just for you!

They are asking volunteers to commit just one hour per month to host a virtual MS Connect Café. Their online cafes are an informal, supportive space designed to help people living with MS connect with others and reduce isolation.

All volunteers are supported to carry out their roles with confidence and training will be provided.

To find out more about this volunteering opportunity please contact Lisa or Rachel on 028 9080 2802 or email mindmys@mssociety.org.uk.

Kinship Care supports children who cannot be cared for by their own parents to live safely and securely within their own families and communities. Kindness of Strangers is a Social Enterprise managed by Kinship Care NI and are currently looking for Volunteers for their Charity Shops based in Magherafelt and Dungannon

For more information email

hello@kindnessofstrangersni.com
Tele-Befriending Volunteers

Praxis Care supports individuals with mental ill health, autism, learning disabilities and dementia, providing innovative, professional, high quality support services to people across the spectrum of need and particularly at the higher level of complexity.

At Praxis Care the role of a volunteer is to play a key part in the organisation, supporting and enhancing the existing work of Praxis Care staff. Volunteering is an important part of the ongoing work of the organisation, making a unique and valued contribution.

Due to Covid-19 Praxis Care have launched a new Tele-Befriending Service, for those who are experiencing social isolation.

Tele-Befriending Volunteers:

- Are home based
- Must be aged 18 or over
- Enjoy working with people
- Communicate well by phone, provide empathy, advice, support or just be someone who can listen
- Training will be provided
- Volunteer will receive support and guidance

Interested or want more information?

Contact Jo on
josephinemacoscar@praxiscare.org.uk
Victim Support NI
Under 18’s Community Service Volunteer

Role Description
This volunteer role will work as part of a small team in Victim Support NI serving a brand-new support programme for children and young people affected by crime. Led by a staff Coordinator the team of volunteers will meet with children and young people often accompanied by their parents who need some support to cope with the impact of the crime.

Volunteers will not be involved with the most serious crimes like sexual violence but with most others and the role will involve putting the child and family at ease and taking them through a needs assessment exercise.

During social distancing much of this may happen on the telephone but face to face support would be offered through their offices and Hubs scattered across the country. Launching in late September this is an exciting much-needed new service for which they need volunteers who enjoy work and communicating with children and young people. You would be joining a busy volunteer team at VSNI and as such be able to participate in wider volunteer events and training throughout the year.

Training Provided
Initial training will include the well-established VSNI training programme that all volunteers and staff attend but also a two-day training programme delivered by the charity Children in NI which covers child protection and care issues. Volunteers will be supported by a dedicated staff Coordinator providing easy channels for additional help and support whenever it’s needed.

Hours
Victim Support NI would love to hear from you if you can spare a few hours a week on a consistent basis.

Location
They need volunteers for both our Belfast and Foyle hubs, travel and out of pocket expenses reimbursed.

Enquiries
If you are interested in this volunteering opportunity please email their Volunteering Officer at volunteer@victimsupportni.org.uk
Lilac Cancer Support

Lilac is as 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

For more information contact Lilac on

028 8676 6866
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Please feel free to support us and receive updates on latest training available, volunteer opportunities, volunteer events...

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