Volunteer Opportunities List

Magherafelt Area

Mid Ulster Volunteer Centre
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Extern is a charity that provides services to support a range of vulnerable and marginalised people including children, young people, adults and families who have issues which are challenging and complex. Extern recognises volunteers as a core part of our team, with a distinctive but complimentary role alongside our paid staff.

Extern provides a range of volunteer opportunities to people who want to give their time to support the groups the charity works with. The volunteer mentor will be supporting young people from 8-21 years old who are from the looked-after and care population.

The volunteer mentor will meet up with a young person for 1 hour/1 ½ hours per week. A volunteer mentor can help a young person by providing emotional support, advice & guidance and hold-holding to assist the young people to address their barriers to progression. A volunteer mentor will improve a young person’s quality of life by promoting their wellbeing, independence, healthy life choices and training and employability.

Minimum commitment – 1 Year

Our volunteer driver service was established to support patients travelling to and from chemotherapy appointments who have no access to their own transport. We currently have a team of drivers and owing to the demand for the service we are keen to extend the team. The service is very much appreciated by patients who value the support provided to enable them to travel to their appointments.

The opportunity happens at Laurel House, Antrim Area Hospital. Car parking is available on site and travel expenses are provided for trips which you make to bring patients to and from appointments.

A volunteer driver should enjoy driving and have a clean driving license but all enquiries will be deal with on an individual basis. The driver’s car should be fully insured, taxed and roadworthy. He or she should enjoy the company of people and be able to show sensitivity to those requiring chemotherapy. The volunteer must be respectful in their interactions with people and be aware of the need for sensitivity in relation to client confidentiality. Volunteers should be willing to attend NHSCT training.
Action on Hearing Loss Northern Ireland represents the 260,000 people who are deaf, have a hearing loss or tinnitus, as well as their families & others who work with them or for their benefit. Our staff and volunteers offer a wide range of services, including communication, advice & information, care & employment services.

**Information Stand Volunteer** - As an Information Stand Volunteer you will provide information on deafness, hearing loss and tinnitus to deaf and hard of hearing older people, their families and carers, local community groups and organisations.

**Action on Hearing Loss Presenter** - You will be networking and establishing links with local groups and organisations and delivering talks and presentations to a range of audiences.

**Lead Information Volunteer** - As Lead Information Volunteer you will be the key contact for all other information service volunteers in your local area.

**Equipment Support Volunteer** - As an Equipment Support Volunteer you will provide information and product demonstrations to visitors to our hubs in Belfast, Derry/Londonderry and Omagh who are deaf, have hearing loss or tinnitus.

**Digital Champion Volunteer** - Assist with delivering basic online skills sessions to groups or individuals who are deaf or have hearing loss to enable them to increase their confidence and ability to use new technology.

**Information Volunteer** - Assist people with a hearing loss at our information stands across Northern Ireland. Provide information and support to those who need it.

**InTouch Befriender** - Help service users contact, enable them to integrate more fully into the general community and provide increased opportunity to participate in activities. Enhance the quality of life of deaf and hard of hearing people in the community.

**Fundraising and Events Volunteer** - You can become part of the volunteer team, and help with our numerous fundraising activities, in varying places all over Northern Ireland.

**Tinnitus Support Volunteer** - Assist the Tinnitus Support Officer in the provision of the Action on Hearing Loss Tinnitus Support Service.

**Campaigns Volunteer** - Promote our campaigns to the general public, people who are deaf or have a hearing loss, government and the media.

**Hearing Aid Support Volunteer** - This role is to help assist hearing aid users adapt to using a hearing aid and to overcome initial problems they may encounter.
One of the charity's key goals is to improve life for everyone affected by Parkinson's. Making education and training about Parkinson's available to as many health and social care professionals as possible is one way in which we are working towards this goal. Experience has shown us that the role of the local Volunteer Educator is valued highly by health and social care providers in helping their staff to understand key information about the impact of living with Parkinson's and thereby improve their practice.

We will provide training to enable you to plan and deliver a short one hour presentation on Parkinson's using prepared flip charts and notes to groups of staff working in care homes and home care agencies in your local area. This will involve:

- Contacting care providers by letter or email to offer your session, responding to requests for sessions received via the Parkinson's UK web site or that have come via the local area/country team.
- Committing to delivery of a number of sessions per month/year to be agreed locally
- Participating in regular support meetings (face to face or by telephone) with your local volunteer coordinator
- Completing and forwarding monthly reports on your sessions to the Education Programmes Coordinator

Our vision is that by 2020 people with Parkinson’s, their families and carers will have fair and consistent access to the services and support that are fundamental to being and staying in control with Parkinson’s. As a Community Mapping Volunteer, you will enable our local development teams to make informed decisions about opportunities and priorities in their area. As part of this team you will:

- research existing services in your local area that are relevant to people with Parkinson's and their carers, such as support groups, exercise classes, therapeutic activities, self-management sessions, advice and information services, befriending schemes and financial assistance opportunities
- record details of these identified local services

This role will give you the opportunity to:

- find out more about services and support available to people in your area
- gain useful organisational, communication and research skills
- provide valuable research and feedback to help shape the local work of Parkinson's UK, allowing more people to stay in control of Parkinson's
- learn about the work of a major health charity, and be an important part of the wider Parkinson's UK network

This is a home based opportunity. For this role you will need:

- access to a computer and good IT and record keeping skills
- a willingness to travel within a local area
- the ability to provide feedback and work enthusiastically within a team
- an interest in understanding and helping to develop local services for Parkinson's UK
- an understanding of Parkinson’s UK's vision and mission, as well as the needs of people affected by Parkinson's
The Group is established to better our community, provide activities for the young people, services for older people, encourage the community to come together and improve the image/reputation of our community, provide activities for children and young people to encourage to improve socially and educationally and bring the communities closer together. This will be done without distinction of age, sex, race, political, religious or other opinion, by associating with the statutory authorities, voluntary and community organisations and inhabitants in a common effort to advance education, preservation and protection of health and to provide facilities in interests of social welfare for recreation and other leisure time occupation with the object of improving the health, education, relief of poverty, reconciliation and community development for all the inhabitants of Maghera and surrounding district.

**Reading and Writing Support Volunteers**
The Link are running a personal youth development programme which involves working with 16 young people to help them get achieve qualifications. Most of these young people would benefit from having a volunteer sit alongside them to make sure they understand the question and the answer and if they can’t write so well maybe write the answer down for them. They will also be completing their Duke of Ed bronze award and some trips and a residential which the volunteer would be more than welcome to come along to.

**Crohn’s and Colitis UK**
Crohn’s Disease and Ulcerative Colitis - two of the main forms of Inflammatory Bowel Disease (or IBD), affect more than 300,000 people in the UK. Yet it is largely a hidden disease, and one that causes stigma, fear and isolation. We’re the UK’s leading charity in the battle against Crohn’s Disease and Ulcerative Colitis. Our mission is to work with all those affected by these conditions to achieve a better quality of life, improve services, and ultimately find a cure.

**Awareness & Activities Volunteer**
Crohn’s and Colitis UK have teams of volunteers based around the country raising awareness of Crohn’s Disease and Ulcerative Colitis – two of the main forms of Inflammatory Bowel Disease (IBD). Support us in our fight to see a world in which people’s lives are not limited by Crohn’s and Colitis!

Join our local team of volunteers where you’ll take an active role in planning and delivering one or more of our awareness raising activities to promote our presence and bring people together locally:

- organising events, education and information sessions, social activities
- editing newsletters
- managing social media pages
- fundraising
- campaigning

The role is very flexible and volunteers can get involved at any time – most activities take place during evenings and weekends but there are opportunities during the day too! All activities, locations and dates are decided by the team of volunteers. The team usually organise 5-10 events throughout the year and you can get involved from as little as 3 hours a month or more. This is a great opportunity to be involved in your local community, enhance and learn new skills such as leadership, event management, communication, and be part of a team who are passionate about making a difference! Help us organise activities that interest you!
Mid Ulster Child Contact Centre is a warm, welcoming, child centred environment with a range of play activities. Our activities are planned to respond to the needs of the children who attend.

Each family has the opportunity to enjoy safe, positive and interactive contact with the support of our highly trained and skilled volunteers. We also provide refreshments for the adults and children and a waiting area for the resident parent. Mid Ulster Child Contact Centre

The services of MUCCC could not be offered without the support and hard work of the team of volunteers. The volunteers are recruited from the wider community, both male and female, bringing a variety of skills and experience and creating a strong and effective team.

Magherafelt Centre – Saturday 10am-12noon
Cookstown Centre – Wednesday 6.00pm - 7.30pm
Saturday 11.00am - 1.30pm

A rota is made out every three months and volunteers are asked to commit to one contact session per month. For most volunteers this would be one session every 4-5 weeks.

A long established charity and social enterprise based in Northern Ireland which provides support and services in the areas of mental health; learning/intellectual disability; workplace/academic well-being and addiction.

Support & Group Facilitator
To support staff and engage with members (people with mental health needs) in a range of activities - arts & crafts; walking groups; cookery; music; gardening and mindfulness sessions..

To help facilitate and deliver groups sessions and outings with the members.
Offer 1-1 support to members - be a 'listening ear' and increase their confidence and self-esteem.
The CMAC Academy provides drama classes in Maghera and Moneyglass. Our sessions are delivered through fun, laughter and games to promote confidence, communication and creativity.

The CMAC Academy is delighted to offer volunteer positions in our Cookstown and Maghera classes. This is an excellent opportunity to get involved with the Arts and gain valuable tutoring experience, working with children and young people with a wide range of abilities. Our sessions are delivered through fun, games and laughter to build confidence, enhance communication skills and encourage creativity.

While we have lots of fun we also understand the importance of accreditation and so CMAC sessions are accredited by London College of Music (LCM). CMAC kids are given the opportunity to take part in Speech and Drama, Acting and Communication exams that are recognised by CCEA and UCAS. CMAC are delighted to offer training and accredited courses to our volunteers as we promote lifelong learning and achievement.

Rural Support provides a confidential support service to the rural and farming community across all of Northern Ireland. Our work is made possible through the skills, experience and expertise of our team of volunteers.

By volunteering with Rural Support you could:
- Empower and help others who may need support
- Use your skills and experience in a meaningful way
- Enhance your own life through routine, structure and stimulation

You could provide support within the following roles:
- Outreach support at events to promote the service
- Emotional support on a one to one basis with clients
- Practical or technical support on the phone or face to face with clients
- Helpline support on the phone to callers

Rural Support is particularly keen to recruit volunteers who have experience of farm business management and could assist others with farm finance/debt issues.
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. Our mission is to help communities living in extreme poverty achieve major improvements in their lives, which last and spread without on-going external support.

Concern Debates 2017 -2018
Volunteer Adjudicators URGENTLY NEEDED Concern Debates 2017 - 2018 give GCSE and A Level pupils the skills to formulate an argument, deliver a speech, stand up for their point of view and challenge their opponents’ opinions. Concern is looking for volunteers to join our panel of adjudicators to hear the insightful views of today’s youth on global issues. 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 just 45 minutes and helps the volunteers to understand the marking scheme for the debates. Each debate runs for just over an hour and takes place in the schools themselves in the evening after work. The debates will take place between October 2017 and May 2018. By volunteering as an adjudicator you will also be helping students to enhance their transferable skills in research, analytical thought and public speaking.

Concern Ambassador
We are looking for passionate people who love to chat to help us spread the Concern message in schools and businesses. As a volunteer Concern Ambassador we ask you to visit a school or business in your local area to talk about Concern and the work we do when we receive a request. We will also provide you with the training and materials needed to be a successful Concern Ambassador.

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.

Mid-Ulster Talking Newspaper Soundtrack Reader/Interviewer Storyteller Age 16+
Access NI check required
Volunteers would co-operate with at least one other person to present 45 minutes of news read from a local weekly paper for people in the Mid-Ulster area who have problems with reading or who have a visual impairment. The readings take place on either Wednesday evening or Thursday morning in a Cookstown venue. They are now in digital format and are distributed by first class post to recipients in the form of a USB pen weekly. After the news section comes a magazine-type programme which may include music, singing, jokes, interviews, storytelling, short story reading or presenting of articles of local interest. Anyone interested in reading the news or in preparing material for the magazine will be made most welcome. Transport is not provided but a contribution towards transport can be arranged.
Our vision is of a radically improved world for people with dementia. A world where they have their rights recognised where they fully contribute to family & community life & where they can live with dignity free from discrimination.

**Side by Side Volunteer 18+ - All across Mid Ulster**

Side by Side volunteers will provide agreed support to people with dementia which could be either by visiting them in their home, enabling them to stay active, taking part in appropriate social and recreational activities in their community or simply just having a telephone conversation, whichever they require. Your involvement aims to help people to feel less isolated enabling the person to focus on their strengths to remain active and confident.

**Group Leader Volunteer – 16+**

Mitchell Hall Friendship Group (Early Stages of Dementia) 3rd Friday of month 1pm – 3pm; Mitchell Hall

**Group Support Volunteer -16+**

Cookstown CSG - 3rd Wednesday of month 12pm; The Hub
Maghera CSG – 16+ - 4th Tuesday of month 7pm – 8:30pm; The Lurach Centre
Mid Ulster Activity Group - 2nd Monday of month 1pm – 3pm; Mitchell Hall, Maghera
Mitchell Hall Friendship Group (Early Stages of Dementia) - 3rd Friday of month 1pm – 3pm; Mitchell Hall Maghera
Mitchell Hall CSG (Early Stages of Dementia) - 4th Friday of month 1pm – 3pm; Mitchell Hall Maghera

**Volunteer Learner 16+**

Learning support volunteers play a pivotal role in the support, development and empowerment of other volunteers. They provide practical support using workbooks and Society learning, as well as their own passion and enthusiasm, to help volunteers confidently and meaningfully undertake their learning. You will play a key role in our vibrant volunteer community, enabling and empowering others.

**Volunteer Leader 16+**

Volunteer leaders enable and empower our volunteers and play a key role in our vibrant volunteer community. As a volunteer leader you will help ensure that our volunteers are connected, supported, developed and feel valued.

**Keeping in Touch Volunteer 16+**

‘Keeping in touch’ (KIT) calls are an exciting new part of the Alzheimer’s Society’s offer for people living with dementia. KIT volunteers play a key role in keeping someone who’s living with dementia connected. By taking a personal, warm and engaging approach to their role, our KIT volunteers provide a friendly, tailored proactive support service. The role makes a huge difference and KIT volunteers play a fundamental role in on-going person centred support.

**Awareness Raising Volunteer 16+**

The awareness raising volunteer is essential to promote our services and highlight our presence in local communities. The role also helps to raise awareness of dementia and provide dementia related information. The services can be promoted in a wide range of ways, from the distribution of leaflets, booklets and posters, liaising with the media, through websites and social networking and by attending local groups, gatherings and community events.

*More overleaf*
Media Volunteer 16+
By speaking publicly about your experience of living with dementia you will help to raise awareness of dementia and challenge the stigma that surrounds the condition. The press office can give the media facts and figures, provide experts and talk about research, but it is personal experience that makes a real impact.

Research Network Volunteers 18+
Alzheimer’s Society Research Network provides a ground-breaking opportunity for people who have experience of dementia to influence and monitor research projects. The role involves contributing to the two-yearly setting of priority topics for research, reading, prioritising and commenting on research applications; approximately 6-8 applications, 5-6 times a year.

Volunteer Recruiter 18+
• Liaising with staff and other volunteers (such as the volunteer supporter) in the identification of volunteering recruitment needs
• Assisting with the writing of volunteer role descriptions, using these as the basis for recruitment
• Leading or assisting with the recruitment of new volunteers locally, following best practice guidance and using current Society paperwork
• Maintaining recruitment/placement information
• Building local relationships with partners such as volunteer centres and other support agencies.

Volunteer Fundraisers 16+
Community fundraising is at the very centre of how we raise vital funds at a local level. The money we raise funds the delivery of universal services that include our website and National Dementia Helpline, as well as the services we provide locally. It also helps to fund research into the cause, cure, care and prevention of dementia, and our campaigning work. Fundraisers are the local heroes of community fundraising.

Advisor/Information Volunteer
Magherafelt Office
Age 16+

Citizens Advice Mid Ulster is a free, independent, confidential and impartial advice, information and advocacy service. We help people resolve their debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems. Our services are available to everyone regardless of race, gender, sexuality, age, nationality, disability or religion. The work of the Citizens Advice would not be possible without volunteers.

WHAT CAN YOU GET FROM CITIZENS ADVICE?
• Flexibility about when you work within the constraints of the site rota
• Out of pocket expenses
• Support in the form of supervision and staff meetings
• Accredited Adviser Training (to offer general advice to clients)
• Accredited Tribunal Training (to support clients to appeal against benefit decisions)
• Personal Development
Springhill is a 17th-century plantation house outside Moneymore. It has been the property of the National Trust since 1957 and, in addition to the house, gardens and park, there is a costume collection and a purported ghost.

**Garden Nursery**
Although it’s seasonal from March to September it’s an exciting opportunity to work alongside the outdoor team selling plants and shrubs that have been propagated from our indigenous collection on site. The Garden Nursery is located in the hub area of Springhill which is within the Museum and facilities area. Warren Marten is leading this and he is very happy to take on more volunteers for next years’ season. It will be between 12pm and 5pm and there will be tasks such as money handling, watering and arranging plants and this is a public-facing opportunity.

**Event Volunteer**
This is a great opportunity to work for the National Trust as a dedicated member of the Event Team at Springhill. Springhill holds some fantastic events such as The Country Fair and The Vintage Rally. These are just a few of our events and we would like to recruit an energetic team to help us during these days. At any one time you could be helping with crafts, games, tickets, the education team or car parking. Whatever happens, you will enjoy the company of Springhill’s team and you’ll get to meet the multitude of visitors. On another note, there will be a chance to join in the merriment and see for yourself what is on offer at our events.

**Bookshop Volunteer**
The bookshop which is located at the exit gate at Springhill has had a revamp and is led by a very small attentive team that have brightened up and organised the loveable little cottage. The footfall through the bookshop is never too overbearing. The existing team in the bookshop is friendly and very welcoming to any possible new starter volunteers. It would be fantastic to have a full and enthusiastic team of bookshop volunteers to fill our season’s needs and join our wider team that are Warden’s, Guides, Visitor Assistants and Managers. There will be two volunteers in the bookshop at any one time; however, there may be times you might be on your own. If you prefer to work alongside somebody that’s no problem, we will rota you in with another volunteer. This is your call! There will be money handling and our great team that we have at Springhill will train you up. You will need to be interested in books and have a good way with people.

**Volunteer Handyman Assistant**
Volunteers need to be 18+

The volunteer will assist the Handyman with general maintenance duties for the older and vulnerable members of the Community living in the Mid-Ulster District Council Area. This Project has been in operation since May 2010 and has completed over 5000 jobs in the locality. It is important to allow older people to live longer in their own homes and this is a very worthwhile assistance for them. The jobs could vary from putting in a light bulb or fixing a plug to cleaning out spoutans and fascia to prevent falls. More and more older people are living longer with no family support or do not have anyone to do these smalls tasks for them.

**Good Morning Project**

**Telephonist 16+**

Would you like to brighten up someone’s day by being a good listener, engage in a little bit of chat, then become a good morning caller today. Good Morning provides a daily telephone/alert call to older and vulnerable people living in the Mid Ulster District Council area. Telephone calls are made to 80 people from Monday to Friday between the hours of 9.00am – 1.00pm.
Arthritis Care acts on behalf of people in Northern Ireland who are affected by arthritis. We provide them, their families and friends with support, understanding, information and expertise so they can cope better with the impact of the condition and get the most out of life.

Opportunities currently exist within Arthritis Care Northern Ireland in a variety of volunteering roles.

- Volunteer mentor/befriender – visit over 60’s in their homes to help them to re-engage with the community by helping them self-manage their long term condition
- Become a campaigning volunteer
- Become a volunteer with Staying Connected project - mentoring and befriending service
- Join a local branch or group to help out on the committee
- Become a training volunteer delivering our self-management courses to people with arthritis (you must have arthritis yourself to take up this role)
- Assist with fundraising, either by helping the resource development manager with a regionally organised event, or by organising fundraising events in your local community.

Marie Curie Cancer Care
Marie Curie Helper Volunteer
Age 18+
Access NI check required

The Marie Curie Helper service is provided by trained volunteers who offer one-to-one support to people with a terminal illness (cancer and other illnesses), completely free of charge. This support may continue for their carers and families after bereavement.

Marie Curie Helper volunteers support people in their homes, offering a few hours of their time each week to provide a listening ear and companionship; give families and carers a short break from their caring role; offer practical support, such as accompanying individuals to appointments or simply going out for a coffee; or help with sourcing information on other available support. A Marie Curie Helper does not provide any nursing or medical care or advice.

Our Helper volunteers are provided with training and support to enable them to undertake their roles. Our Helpers undertake their roles within approximately 10 radius of their own home and are required for 3 hours per week. Volunteers are invited to attend a 2 hour information session following which they meet with the service manager for a selection interview. Successful volunteers are then invited to a 2and a half day training programme. Ongoing training and supportive events take place throughout the year.

A minimum commitment of 1 year is required. Travel is reimbursed.
The Red Cross helps people in crisis, whoever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies.

**Charity Shop – Magherafelt 15+**
Our charity shops offer many roles from serving customers to creating eye-catching displays. The shops are packed with everything from vintage gems to quality gifts and clothes. Our shops sell donations to fund our work of the British Red Cross. The Red Cross helps people in crisis, whoever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies – both in the UK and across the world.

**Support at Home Volunteer 18+**
We are urgently seeking volunteers who can give just 1 hour per week of their time to help us. We reimburse all mileage to volunteers at 45p per mile.
Tasks can include:
• A short visit to someone who has no other outside contact
• Taking someone to the supermarket
• Taking someone to a medical/dental/hospital appointment
• Simply bringing someone home from hospital
We are offering a lifeline to those people who are lonely and isolated and are hoping that you can help us make a difference.

**Transport Volunteer 18+**
We are urgently seeking transport volunteers who can give some of their time to help us.
We reimburse all mileage to volunteers at 45p per mile.
Tasks can include taking someone to a medical/dental/hospital appointment or simply bringing someone home from hospital.
We are offering a lifeline to those people who are lonely and isolated and are hoping that you can help us make a difference.
Volunteers will be required to attend a Foundation Induction course (approx 2 days) and will be required to complete an AccessNI application.

**Share Holiday Village, Lisnaskea**
Age 16+
Access NI Check required

Volunteers are required to assist qualified outdoor and arts staff in providing children, people with disabilities, young people and the elderly with a wide range of activities which include canoeing, climbing, archery, arts & crafts and boat trips. Volunteers will act in a caring capacity to ensure all guests participate fully and enjoy the activity. All activities take place at the Share Holiday Village which is open all year round and is located 3 miles outside Lisnaskea on the Derrylin Road.

**Weekend Activities** – Helping staff deliver a programme of water and land based activities to groups of all ages and abilities.
**Arts** – Assisting in the delivery of various art projects with groups.
**Work Camp** – A 5 day residential aimed at site and building maintenance.
**Carer/Companion** – A 7 day residential assisting guests with disabilities.
**Full Time/Long term** – 3 – 12 months placement within the various departments at Share.
Dementia NI is an independent membership organisation which has been set up by people living with dementia. The Empowerment groups have been set up to ensure that people with a diagnosis of dementia are having their voices heard. Their group members challenge the stigma of dementia, raise awareness of dementia, promote the rights of people living with dementia and also support people living with dementia to lobby and raise awareness in their own right. They currently require:

- Event Support & Awareness Raising Volunteer
- Empowerment Group Support Volunteer
- Volunteer Driver

The purpose of Scouting is to contribute to the development of young people in achieving their full physical, intellectual, social and spiritual potentials, as individuals, as responsible citizens and as members of their local, national and international communities. The Scout Association in the UK accepts Members of all major faiths and offers equal opportunities to all young people in the community, no matter what their social, religious or ethnic background may be. It provides adventurous activities and personal development opportunities for young people aged 6-25.

The age groups:
Squirrels (4-6yrs), Beavers (6-8yrs), Cubs (8-10½yrs), Scouts (10½ - 14yrs), Explorers (14 - 18yrs), Network (18 – 25)
Scouting is open to boys and girls.

As a Scout leader/helper you will become part of a vibrant team assisting in the planning and organising of weekly activities following the six programme areas – beliefs and attitudes, community, fitness, creative, global and outdoor and adventure for your preferred age group in order to help children and young people grow and develop in many aspects of their lives.

You would provide activities which involve young people ‘learning by doing’ e.g. games, crafts, camp craft, pioneering, projects, first aid, climbing, survival skills, canoeing, caving, archery, hiking, camps, international camps, expeditions, community support and lots more. Scouts can also work for a number of awards, including the Queen’s Scout Award and the Duke of Edinburgh’s Award.
Family Support Volunteer

To provide friendship, support and guidance to people who have communication difficulties following a stroke on a one-to-one basis in their homes under the direction of the Family Support Worker. Tasks will be assessed according to the individual’s need and may include:

Accompany to variety of social and recreational activities

- Facilitate clients social learning
- Explore alternative activities to maximize clients social network
- Respect confidentiality at all times
- Report to supervisor any issue that has potential risk to client or support worker

Speech Therapists/Support Group Volunteer (Closed during the summer)

Assisting people living with aphasia (a communication disability) to take part in group activities on a weekly basis (up to 2.5 hrs). Assisting people to take part in group activities including written and verbal to improve and expand communication skills. The volunteer will be working under the direction of the Chairperson and taking part in discussions of local news, current affairs and other topics. The group meet in First Presbyterian Church, 1 Loy Street, Cookstown every Tuesday from 10am-12pm. This opportunity would suit a retired teacher who has time on their hands and could utilise their teaching experience beneficially.

Volunteer Befriender

Volunteers are required to visit people in the local area who have suffered from a stroke. The role basically consists of having a chat and providing company to those who are isolated and feeling lonely.

Volunteers will receive induction training and will be given appropriate training to the individuals needs for all roles.

Include Youth Mentor

The Give & Take Scheme provides a mentoring service to young people in need or at risk between the ages of 16 - 21 years old. The mentoring relationship will focus on the personal development of the young person. Each young person will be matched with a mentor who will meet them for two to three hours per week for a minimum period of one year. The individual mentoring relationship allows a structured and positive approach to engage young people. It provides the opportunity to create a non-judgmental relationship where young people have the opportunity to discuss issues that are affecting them.

A mentor can help a young person to set and achieve goals, and develop their skills and sense of self. We have young people living throughout the Northern Board area that volunteers would be participating in various social activities. It would be helpful if the volunteers could drive but if they are happy to use public transport that is fine. The northern board area covers Antrim, Ballymena, Ballymoney, Carrickfergus, Coleraine, Cookstown, Larne, Magherafelt, Moyle and Newtownabbey.

Please bear in mind a minimum commitment of 1 year is required for this role.
Prostate Cancer UK is the UK’s largest men’s health charity. We aim to help more men survive prostate cancer and enjoy a better quality of life. Our staff, Trustees, Patrons, Ambassadors and Volunteers all work towards one goal: ensuring we put men at the centre of everything we do.

Prostate Cancer Champions will represent Prostate Cancer UK at a wide range of events, giving talks about prostate cancer and prostate problems, their personal experience of prostate cancer and the work of the charity. They also will represent the views of other people affected by prostate cancer while helping us design our influencing campaigns.

Training:
- All volunteers must attend training that includes:
  - An introduction to the work of Prostate Cancer UK
  - Practice delivering the standard talks
  - Our Confidentiality Policy
  - Understanding the boundaries and limitations of the role.
  - Frequently asked questions and signposting to services

Volunteers must attend annual refresher training and any additional role-specific training required. We pay reasonable out-of-pocket expenses including travel and refreshments while volunteering and attending training or other events in line with our expenses policy.

Caudwell Children offers a free and friendly service that offers flexible practical and emotional support to families at a time of crisis. Volunteers work with the Family Support Team to change the futures of families with disabled children. Volunteers need to undertake training and be able to commit to 2 hours per week for 6 weeks.

To visit families who care for a disabled child who need family support
- To provide families with information they need to make informed decisions
- To provide emotional support within the family home
- To provide practical support within the family home
- To record support, and maintain records as required
- To ensure the work undertaken complies with Safeguard and Child Protection, Equal Opportunities, Health & Safety and other policies and the guidelines provided by Caudwell Children
- The role is subject to an Access NI Check
- Ability to travel around, out of pocket travelling expenses will be provided
- Willingness to undertake training, review and internal meetings as required

Ongoing support and supervision is available to the volunteer, for example, 6 weekly supervision.
First established in 1992 Verbal Arts Centre’s mission is the promotion of the written and spoken word, the celebration of commonality and diversity and the development of knowledge, understanding and excellence in the creation, performance and critical practice together with research, publication and the provision of information. Our work is divided into 5 programme areas: Digital Storytelling, Publishing, Reader Development, Festival & Events, Oral History & Archive.

The main aim of the Reading Rooms programme is to invite people of all ages, backgrounds and abilities to enjoy and engage with reading. This programme is based around the needs of specific client groups. Currently we are working with Older People including those with Dementia, Young People in Care and at Risk, in Prisons and also under a Health and Well Being Umbrella: Disability, Mental Health and long term conditions such as surviving a Stroke. Some Reading Rooms will run on a week-on-week basis for a period of one year. Others may be for a short fixed time basis e.g. 5/6 Weeks each quarter over the year. Times will be agreed with client groups and guided by the volunteer availability.

The Reading Rooms are delivered in a variety of locations across the Mid Ulster Area e.g. Cookstown, Bellaghy, Magherafelt, Maghera, and Dungannon. Where possible we will try to ensure a location that is convenient to your place of work or home (as specified in your application form).

THERE ARE 2 OPTIONS:
Introduce yourself and assist at a Reading Rooms event delivered by a Verbal Arts Centre staff member
Present a section of the programme independently during a session. Training and support:

All Reading Room volunteers will receive a full training package to enable them to confidently deliver within the project. All costs for this training will be covered by the Verbal Arts Centre. The Verbal Arts Centre will match you with a Reading Room best suited to your confidence and skills. We will continue to support you within the Reading Rooms e.g. mentoring and guidance. A Verbal Arts Centre representative will work closely with you to ensure you are happy with all elements of the programme. The Verbal Arts Centre will provide you with the materials required for your Reading Room sessions along with all supporting paper work. On a monthly basis we will have a Volunteer Mentoring session where all Reading Room volunteers can attend and discuss how they are finding the programme, make suggestions and provided with any relevant updates.

One to One Support Youth Worker
18+

One to one support worker. To encourage the child to work/play with others. The child is a Downs female who needs support and encourage to interact with others.

The volunteer will attend the Cornstore Youth Club, Draperstown on a Thursday night 6.15pm - 9.15pm. The opportunity starts September 2017 – June 2018.
At Positive Futures, we’re positive about people. People with a learning disability, those with acquired brain injury and people on the autistic spectrum. Where others see problems, we see possibilities. We have transformed lives and continue to do so. We speak out for the rights of those who need our support. We work closely with decision makers, such as politicians at Stormont and Westminster, to ensure that public services are the best they can be. We support individuals and families. We want to do more – but we need your help. Together, we can make a difference and move the issues of learning disability, acquired brain injury and autistic spectrum conditions further up society’s agenda.

As an activity volunteer you will spend time getting to know the person you are matched with. Ideally you will share at least one of their interests or be willing to ‘give it a go’ in relation to trying something new together. Set times are preferred but can be flexible and arranged to suit all involved, for example a couple of hours each week or fortnight. For the most part, activities will take place locally, e.g. cinema, leisure centre, restaurants etc. or on occasions in the person’s home.

All volunteers will attend an induction and training and travel expenses will be available.

Established in 1988 by a group of health professionals and concerned mums, Tinylife is committed to funding medical research into the causes of premature birth, stillbirth and miscarriage and providing information to professionals and parents-to-be to ensure that every pregnancy has the best chance of a healthy outcome and a healthy baby. Tinylife also offers practical and emotional support to ensure that parents of premature and ill babies get all the help they need. We need volunteers for our:

**Family Support Service (AccessNI required)**
**Age 22+**
Volunteers will provide practical, social and emotional support to families in their local area for a morning or afternoon once a week (Mon-Fri 9am-5pm). Becoming a Tinylife Volunteer is a very rewarding and life enhancing experience. We are committed to ensuring that everyone who volunteers with Tinylife enjoys their experience. As a volunteer you will make a real difference to families’ lives. You will learn new skills, make new friends, have a sense of achievement and become part of the Tinylife team. However, it does require a huge commitment and not just in terms of hours. Two full days training is provided and a minimum commitment of 1 year is required. In addition to the above criteria, we would ask that anyone who has had a life changing event in the last year such as birth of a child, bereavement etc., to defer their application until they are able to commit to the role. Travel expenses are reimbursed.

**Fundraising Team (Age 16+)**
Volunteers needed to assist in events, either on the day or in preparation and planning.

**Organisational Awareness (Age 16+)**
Distribute leaflets and flyers around the local community and health premises, i.e. libraries, GP surgeries, Hospitals etc. Manning exhibition stands with the fundraising or family support teams.
To provide a challenging Guiding programme within a safe environment to enable all girls and young women to develop their full potential. To prepare our Guides to be resourceful responsible and to think for themselves. Emphasising the importance of family values and contribution to the community in which an individual lives. Guiding invites you to fulfil many of the challenges that life has to offer through participation both as an individual as well as part of a community in the rich and varied programme of indoor and outdoor activities.

St Colmcilles meet every Thursday night in Magherafelt. No experience required – full training will be provided. Would be good to have a sense of humour, like working with children be ready to be part of a team and have fun. All of the leaders with CGI are volunteers this is reflective in their day to day activities. CGI would not be able to run without volunteers. (Term time only)

The group was established in January 2010 in the newly built parish centre in Magherafelt. The group was set up by a number of local individuals who saw a need and desire for such a facility. Our toddler group sessions are held on Tuesday mornings, 9.15am - 11.15am during school term time. We have a great range of opportunities for volunteers to get involved in. We are always on the lookout for new volunteers to come along in person to see the session in action. Volunteers works on a rota basis and are asked to set up the toys prior to the session beginning and to welcome parents/carers into the hall. The volunteers then provide the children with snacks and soft drinks followed by snack, tea or coffee for adults. Towards the end of the session the volunteers put away the toys and help tidy up hall and kitchen areas. (Closes July & August)

Reader Support
Do you have a love affair with books? Is reading important to you? Do you like talking about books and meeting people? If so, this is the ideal volunteering role for you. By becoming a Reading Support volunteer you’ll help a blind or partially sighted person continue to read, or even re discover the joy of reading.

Online Skills Trainer
Would you like to help people with sight loss explore the options of getting online? Could you share your knowledge and enthusiasm to help people engage with technology? You will show people how to use a computer, tablet or smart phone to get online, deliver group training and demonstrations and visit people in their home to help them with basic online skills.

Sooty Box Collectors
Sooty Boxes have collected small change since 1960s, providing vital funds to support people with sight loss. Volunteer collectors place new Sooty Boxes in local businesses and bank the donations fro RNIB. The role offers a fun and rewarding way to make the most of your free time. It gives you choice in the amount of time you give and when you give it.
Out and About Community Transport provides affordable transport options to some of the district’s most disadvantaged individuals using a mix of minibuses and volunteer drivers in an effort to combat social and rural isolation.

We are seeking to recruit volunteer car drivers from across the Magherafelt District to assist in the delivery of our Dial-A-Lift service which operates Monday – Friday 8am-6pm. Volunteers will use their own vehicles and will be reimbursed for mileage – there are no specific days or times, you can simply volunteer as little or often as your time permits. This is an excellent opportunity to get out and about to meet new people and help in providing this valued and much needed service to our members.

Vincents Charity Shop
Magherafelt
18+

Volunteers urgently needed for St Vincent de Paul Shop Magherafelt. Volunteers need to be 18+. Vincent’s shops are a very important aspect of the service SVP provides. Not only do they provide people with new and lightly worn items at affordable prices, they also provide an income source for the Society, which is recycled directly back into the community.

Riding for the Disabled, Maghera
Riding Assistants
14+

The aim of the Fort Centre is to provide people with special needs an opportunity to experience horse riding, which has been proven to benefit individual health and wellbeing. Fort Centre also provides a social setting for family and friends to come together in a welcoming environment.

Being part of the team at Fort Centre will create an opportunity for you to meet new people, an option to work with horses in a safe and controlled environment and make you feel you are contributing positively towards a very special need in your local community.

Tuesday & Thursday – 10.30am-11.30am (term-time ONLY)
Monday & Wednesday – 6.00pm – 9.00pm
Volunteer Driver (18+)
Driving is a crucial service provided by Guide Dogs’ volunteers across the country. Dogs and puppies often need to be transported short or long distances. Guide dog owners may also need assistance from a four-wheeled friend with getting to a venue, or equipment may need transporting to an event.
All you need to help is an ordinary driving licence with the use of your own vehicle, and be happy to carry dogs in your car. We pay the mileage and provide the company! We’re not asking for lots of your time – by giving just a few hours a week you’ll be making a real difference by helping Guide Dogs enable blind and partially sighted people to enjoy the same freedom of movement as everyone else.

My Guide (18+)
We’re looking for volunteer sighed Guides, who help blind and partially-sighted people feel less isolated and become more involved in their communities. You can support someone in a wide range of everyday activities including: going for coffee, shopping or going for a walk. We will. We will provide you with the skills and confidence to guide someone safely, offer ongoing support and reimburse out of pocket expenses. No matter how much time you can give you will be making a difference to the lives of blind and partially sighted people in your local community.

Campaigning Volunteers
Are you passionate about improving the lives of blind sighted people living in your local community? If so support us by joining our other like minded campaigners across Northern Ireland to ensure that blind and partially sighted people enjoy the same freedom of movement as everyone else.

Other opportunities available within the Mid-Ulster area:
- Fundraising Group Secretary
- Fundraising Group Treasurer
- Fundraising Volunteer
- Collection Co-ordinator

Mid Ulster Athletics Club
Helper/Volunteer/Coach
16+

This is an opportunity for future beginner or experienced coaches to learn new or enhance existing skills on the delivery and organisation of athletics games and activities for young athletes (5-16 years old).

Volunteers will have the opportunity to plan a session and programme to include practical sessions on running, jumping, throwing and also include agility, balance and coordination while emphasising fun.

The Club meets at Meadowbank Sports Arena on a Tuesday and Thursday night – Indoors October to March and outdoors from April to September. No experience necessary – A minimum commitment of 2 hours weekly for 6 months. Suitable placement for Awards such as DoFE, Presidents Award to name a few.
Portglenone Enterprise Centre

Portglenone Enterprise Group is a community based group which aims to improve the social, economical, educational and environmental wellbeing of people residing in Portglenone and surrounding area. The group endeavours to bridge the gap between the two religious communities and ethnic groups through various projects. The aim is to address local needs also encouraging personal development and capacity building through projects.

Bannside Youth Club
The Youth club runs once a week on a Friday night from 7.30 to 9.30. We have 20 to 30 members aged between 7 and 17 years of age. Games are run in the main hall football, volley ball, dodge ball etc. We also run arts and crafts and video games and a tuck shop. Weather permitting we go canoeing and have talks on safety with our local Community Rescue Service.

Flower Power Team
Would you like to be part of the Flower Power Team in Portglenone?
You could become involved in enhancing the appearance of Portglenone by joining the watering rota- commit to 3 mornings/ evenings (approx. 1.5 hrs) for 2 weeks over the summer months (June- Sept).

Christmas Festivities
We are preparing for Christmas already in Portglenone and would appreciate volunteers to help with this fun time of year- Are you a Christmas person, contact us! This involves, committee meetings, once a month and gets busier over winter finishes with Christmas Lights Switch on hopefully last week in November.

Magherafelt Parish Centre

Magherafelt Parish Centre seeks to provide a welcoming community facility for the local area. Facilities within the centre include a coffee shop, a snooker club, two kitchens, a board room and a hall which can accommodate up to 400 people. The centre aims to be responsive to local needs and support local initiatives.

Coffee Shop Assistant
Volunteering in the coffee shop offers a fantastic opportunity for people to contribute to developing the community spirit that exists within the centre. Volunteers will be given the opportunity to make new friends, learn or develop new skills and increase their self-confidence and self-esteem. Volunteers will be supported and encouraged by kitchen staff on a daily basis. There are several pieces of equipment in the coffee shop and informal training on how to use them will be provided, however, no one will be expected to operate any equipment they are not comfortable with.
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 assist the individuals of the Base to engage in weekly activities such as leisure, crafts and sporting activities.

*The promotion of opportunities, in the heart of the local community, for adults with a learning disability*

Cancer Focus is building a team of enthusiastic individuals to spread the word about our work throughout the province. To ensure that if anyone in their local community faces a diagnosis of cancer they know they can turn to Cancer Focus NI for professional advice, guidance and access to our free care services.

**As a Leaflet Distributor:**
- identify suitable locations
- obtain permission and deliver supplies of various leaflets and posters to help promote the work and activities of the charity

**As a Box Collector:**
- maintain current outlets and identify potential new collection box sites
- pick up boxes when full (normally on a 3 month cycle) and leave new boxes in their place

At least 8 hours per month of your spare time will make a BIG difference - flexible to fit in with your lifestyle. We are looking for volunteers who will be available over the long term to build up contacts and relationships within their own community.

No experience is required as full support and training will be provided. Personal qualities required - sociable, enthusiastic, self-motivated, reliable and good organisational skills. Access to a car is required when collecting and delivering boxes and out of pocket expenses will be reimbursed.
Living Well Living Longer
Hairdresser/Aromatherapist/ Sports &Physical Activity Coach

We are looking for volunteers to join our project to support older people. To promote participation in a range of activities in a Day Centre and hospital setting as part of the Living Well Living Longer service, helping to enhance the quality of a person’s life by supporting and promoting his/her wellbeing. The Volunteer Host will be essential in creating a warm, friendly and relaxed atmosphere to anyone attending ensuring they get the best out of each session.

Sharing the Care Scheme
The Sharing the Care Scheme provides support to families caring for a child with a disability.

Short break carers:
The scheme provides regular short breaks to parents and carers. Short break carers provide breaks within the short break carer’s home and these can last from a few hours to overnight stays.
The service offers short breaks to children up to the age of 18 years with a wide variety of disabilities. Some may have a severe learning disability; others may have a severe physical disability or sensory impairment, while others may have a combination of disabilities.

Befrienders:
Befriending is another one of the range of services offered by the sharing the Care Scheme.

Often Young people with a disability do not have the same social opportunities as their peers. Befriending enables disabled young people to access a range of community and or leisure services while also providing a break to parents/carers. Befrienders are matched to a particular young person whom they take out on a regular basis usually weekly or fortnightly. They may go to the cinema, swimming, bowling, shopping, walking, or to an activity club for example.

The scheme provides training, an allowance to cover expenses and support to all carers. Volunteers are expected to undertake training and an assessment prior to approval.

Volunteer Driver for Farm Families Health Check Programme.

A volunteer driver is required to drive a mobile unit which is taken out to farmer’s marts and community events regionally throughout Northern Ireland where health checks are completed by nurses. Nurses either travel with the driver or meet the van at the venue.

The Volunteer will require to be:
• Pass a transport driving test (at least one year)
• Have good communication skills and be able to engage with farmers and their families at the venue, to encourage them have a health check completed.
• Drive regionally throughout Northern Ireland.
• 1-3 days per week, flexible
• Assist the nurse when required with setting up unit

Basic car license category B is all that is required, all potential drivers must complete a NHSCT driving assessment prior to driving vehicle.
Volunteers in Victim Support’s Community Service - 18+
Volunteers are needed in all areas to support people affected by crime. We are looking for volunteers who have a range of skills. Help for crime victims and their family and friends is normally provided by either office appointments, outreach visits, home visits, or over the phone.

Volunteers are needed to:
- listen to people affected by crime
- identify any support needs they might have
- provide practical and emotional support.

We need enthusiastic volunteers who are keen to develop their skills.

Volunteers also assist with completing Criminal Injuries Compensation forms and explaining the compensation process. With the assistance of the Coordinator, volunteers link clients to other services and agencies. They also provide information on criminal proceedings and the criminal justice system.

Volunteers in the Witness Service – 18+
Volunteers are needed in all court locations to support people affected by crime. We are looking for volunteers who have a range of skills. Help is provided to adult prosecution witnesses, their family and friends, in dedicated waiting rooms at court venues across Northern Ireland.

Volunteers are needed to:
- listen to people affected by crime
- organise familiarisation visits to the court
- make witnesses familiar with court layout and procedures
- liaise with court officers and legal representatives
- accompany witnesses into court, if requested
- provide practical and emotional support.

Girlguiding is the leading charity for girls and young women in the UK. We build girls’ confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun. Work with young people, gain voluntary experience and develop skills from first aid to fundraising. It’s time to get involved with Girlguiding.

Volunteers give their time in many different ways - they consult with girls to plan and run weekly meetings, arrange special trips and events, manage budgets, source equipment, carry out group administration and attend regular local meetings and training events. They do all of this voluntarily - to give girls in guiding fantastic opportunities and experiences. In order to be a great Leader you just need to be enthusiastic and have the girl’s best interests at heart. All essential training will be provided.
Praxis Care - Young People
The Befriending Service exists to offer young people who are in the process of leaving the care system a trained volunteer who they can spend time with on a regular basis doing social activities. This improves social skills, raises self-esteem and builds self-confidence. Volunteers work on a one to one basis with a young person aged between 16-21 years who is in the process of leaving the care system. The befriending role consists of meeting up on a regular basis with the young person and spending time together doing some kind of social activity. This can be anything from just going for a coffee to going to the cinema, bowling, ice skating or going out for dinner. The activities are enjoyable for both parties and everything is funded. You would be matched with a young person within a reasonable travelling distance.

Activities are arranged between the volunteer and young person themselves. Volunteers also receive travel expenses. Volunteers will receive training before being matched with a young person so they understand their role and feel confident in what they are being asked to do. Someone with an open mind and a degree of patience would be ideal.

Praxis Care – Adult Programme
Praxis Mental Health is a group who promote awareness of mental ill health within the community. Befriending volunteers are needed to offer one-to-one support and friendship to people living locally in the community, who are experiencing mental ill-health.

Activities that volunteers may be expected to do include motivating clients to use local facilities eg. walking, leisure centre, library, shopping, calling for a tea/coffee in local cafe or just visiting clients home for a tea and a chat.

Code Club
Code Club Volunteer/Leader
Age 18+
Code Club is a nationwide network of free volunteer-led after-school coding clubs for children aged 9-13. We create projects for our volunteers to teach at after or during school coding clubs or at non-school venues such as libraries. The projects we make teach children how to program by showing them how to make computer games, animations and websites. Each term the students will progress and learn more, whilst at the same time using their imaginations and making creative projects. Terms 1 & 2 use Scratch to teach the basics of programming. Term 3 teaches the basics of web development using HTML and CSS. Term 4 teaches Python and so on.

You will learn about creating computer games, animations and websites. We’d like to put a Code Club in every single primary school in the country, would you like to be a part of this? As a Code Club Volunteer/Leader you will work with a supervisor of a primary school close to where you live to help children work through step by step learning using worksheets provided by Code Club, everyone learns together.

Volunteers go to their local club for an hour a week and teach one project a week.
Childline Schools Service (18+)
We are looking for volunteers across Northern Ireland to help deliver our keeping safe messages to children in our local Primary Schools.

How does it work?
The ChildLine Schools Service delivery model involves two stages of working with children. The first stage is an assembly which covers:

- definitions of all forms of abuse
- places to go for help
- introduction to ChildLine

The second stage which happens approximately 1-2 weeks later is an interactive classroom-based workshop. This is our opportunity to work more closely with the children and reinforce the messages given in the assembly. We will ensure that principals are briefed on the content of the delivery and teachers are present so that they can continue reinforcing the safeguarding messages with the children.

Young Witness Supporter (18+)
The NSPCC’s Young Witness Service is recruiting volunteers to support young people who may have to give evidence in criminal trials as victims or witnesses. Volunteer involvement is usually during office hours on weekday days with occasional evenings. You must have an interest in and experience of working with children, and have a driving licence or access to transport. Working with young victims and witnesses of crime, Young Witness Service offers support and guidance through the challenging court process. The NSPCC’s Young Witness Service is a free, independent and confidential service, provided by a team of social work staff and volunteers - full training and out of pocket expenses will be provided. Whilst it can be challenging, this is an extremely worthwhile and rewarding role that supports children through a very difficult period in their lives.

Mini Rugby Assistant Coaches/First Aiders
Age 16+
Opportunity happens (Friday Evenings)
Closes June, July August

Wondering what you could do with your Friday evenings? The Mini Rugby Club of the Rainey Old Boys could hold the answer! Ever wanted to pass on your skills or enthusiasm for sport? Are you interested in offering first aid provision? We could do with your time!

We offer community based sports training for boys and girls in primary 1 through to 7, on Friday evenings based at the Rainey Old Boys Rugby Club. We’ve a great team of parent volunteers, but we can always do with an extra pair of hands or eyes. If you think you could offer your time and support, we’d love to hear from you.

The volunteer will be assigned to a parent volunteer who has been through a rugby coaching programme, who will provide assistance and supervision. Go on give mini rugby a try!
Kinship Care NI is a charitable organisation that supports individuals who are raising a child who is a family member or the child of a family friend. We provide information, support and advice to kinship carers and the children living in kinship care.

Kinship Care Volunteers take up a range of roles depending on their experience, skills and the vacancies that we have at any time. These roles include requests to talk to a range of individuals and groups about what the organisation does. Requests come in from community groups, statutory sector organisations and funders and we are keen to respond positively. This contact helps maintain our image and raise people’s awareness of what we do. It also brings in funds to the organisation. We provide volunteers with a framework of what to talk about and information and leaflets on the work of the organisation to distribute.

We have volunteers who act as trustees, advisers, ambassador, befrienders and facilitators. Staff in our ‘Caring for Kin’ Project and ‘Kinship Care Support Service’ are often looking for volunteers to help them with their work. Volunteering opportunities may include:

- Welcoming new kinship carers and their children to our projects and services.
- Preparing tea and coffee and helping out with administrative tasks and fundraising events.
- Encouraging children and their caregivers get involved in programmes and activities.
- Visiting families in their homes and offering friendship, support and practical help.
- Setting up and assisting in the running of Kin Together Support Groups.
- Distributing leaflets and flyers around the local community.
- Manning exhibition stands at local community events.
- Supervising seasonal programmes / programmes and various day trips out.

Full training and induction to the organisation is provided.

Handy Man
Do you have an interest in doing a bit of everything? Or have a background in this type of work or being a handyman? We would love to have you on board to help us with our odd jobs cleaning and repairs at our community complex. Minimum Hours - 2 hours per week for 6 weeks

Model and Train Set Co-ordinator
Do you have an interest or enjoy working with Model Houses, Trains etc. Do you have background knowledge or have an interest in clean up, repairing and preparation of a collection of model houses and railways that we would like to have prepared for an exhibition at our planned Visitors Centre. We need your ideas and help. We would of course be happy at the end of the agreed volunteering to provide a reference letter to assist with any future roles.

Minimum Hours - 3 hours per week for 6 weeks
CLIC Sargent is the UK leading children’s Cancer charity. We are localised in Northern Ireland and provide clinical, practical and emotional support to children and their families.

**Information Distribution Volunteer**
As Information Distribution Volunteer you will display CLIC Sargent information at venues in your local community. You distribute the materials in your own time and at your own pace.

**Speaker Volunteer – Across Northern Ireland**
Speaker volunteers give talks and presentations on behalf of CLIC Sargent to groups in their local communities to raise awareness of childhood cancer and the work of CLIC Sargent.

**Can Collector - Across Northern Ireland**
We are inviting volunteers to be part of our regional Can Collector network in your local area. As Can Collector you will have opportunity to help support collection can activities. Main elements of volunteer role include:
- Servicing of existing cans following CLIC Sargent guidelines
- Identifying new opportunities for the placement of collection cans
- Assisting the Fundraising team by distributing posters, flyers/newsletters within the area to inspire new support- keeping accurate records of can numbers, locations, contacts, income, update database

**Fundraising Group Chair**
CLIC Sargent are looking for an individual to lead a dynamic fundraising group in a wide range of exciting events and activities to raise money for children with cancer. The role involves:
- Lead and inspire the group in organising fundraising activities in your local area
- You can decide as a group what kind of events and activities you wish to organise and how frequently
- Raising awareness of CLIC Sargent in your local areas through your group’s activities
- You will be the main point of contact between the group and your local CLIC Sargent Fundraising Manager
- Giving talks/speeches

**Fundraising Group Member**
We are inviting volunteers to be part of a brand new fundraising group in the local area! You will have the opportunity to get involved in as many events and fundraising activities as you would like and the time you give will make a real difference to children and young people with cancer in Northern Ireland.
The role involves:
- Helping to organise events in your local area to raise money and awareness for CLIC Sargent. These could be anything from a tea party to a triathlon! Being part of a fundraising group means you can be as creative as you want.
- You will be supported by your local Community Fundraising Manager

**Community Support Volunteer**
CLIC Sargent is calling for individuals across the six counties in Northern Ireland to help their local Community Fundraising Manager raise awareness of the brand and help in general community fundraising tasks. In order to support all of the services we provide we need to fundraise and you will be a vital part of Community Fundraising.

This is a great opportunity to help children and young people with Cancer. The role involves:
- Helping with local fundraising activities, flag days, local events and information evening.
- Raising awareness of the charity and its work, at both the local and national level through marketing material distribution and attending cheques presentations, (all materials for these tasks will be provided).
- Maintaining local fundraising materials such as Collection Cans.
Samaritans in Ballymena are seeking volunteers – could you be a Samaritan?

No qualifications required, full training is provided
Interested?

Samaritans’ vision is for a society where fewer people die by suicide because people are able to share feelings of emotional distress openly without fear of being judged. Samaritans believes that offering people the opportunity to be listened to in confidence, and accepted without prejudice, can alleviate despair and suicidal feelings.

Are you over 18, would you be interested? We positively welcome enquiries from all sections of our community, particularly, from ethnic minority groups and people with disabilities. If you would like to find out more about volunteering contact ballymenarecruitment@gmail.com or phone the branch on the number below.

If you would like to find out more about Ballymena branch of Samaritans please contact the branch between 7:30pm and 10:00pm daily on 028 2565 0000 or e-mail ballymenasamaritans@gmail.com for information.

To find out about the many ways you can be a Samaritans volunteer – day or night, please check out our website at www.samaritans.org
Change someone's life - your own!

Being a volunteer with one of our Special Olympics Club is very rewarding as you are helping our athletes to realise their potential as well as having positive effects on their health and fitness and well-being! Special Olympics Clubs are also great fun for both volunteers and athletes! There are a variety of volunteer roles available from general volunteers to committee roles and coaching! No previous experience of being involved in a Club is necessary as training is provided.

Magherafelt Marvels is the Special Olympics Club for those in the Magherafelt Area. It meets every Wednesday evening in Magherafelt. Volunteer opportunity open to volunteers aged 15+

Volunteers do not require any previous experience but need to be enthusiastic and willing to get involved in helping the athletes to participate in the sports training - athletes will have a variety of needs ranging from mild to severe learning disabilities and will require support and encouragement. The coaches will require sports coaching qualifications in the chosen sport of the Club.

Volunteers will undergo general induction training which covers all aspects of Special Olympics and what we do, training will be offered in working with individuals with a disability, role specific training will be offered to committee members to assist them in carry out their role, on-going training is offered to volunteers such as sports courses, code of ethics and first aid and on-going support will be provided to volunteers from the Club and Special Olympics Ulster.
Residential Volunteer - Short Term Placement - Portmore Lough
Are you passionate about nature conservation and helping visitors experience the beauty of Portmore Lough? If so and you like a new challenge we would love to hear from you to be involved in Northern Irelands brand new Residential Volunteering Scheme. We need enthusiastic people who are quick to learn, to join our team of reserve volunteers and help us create a home for Nature. You will gain practical experience in conservation land management and people engagement. Practical work will vary from habitat management on the wet grassland habitat to continuing to create the Giving Nature a Home wildlife garden. Survey work will include waders, breeding birds, butterfly and invertebrate surveys. You will also be involved in reserve events and should the need arise have the opportunity to work at other RSPB reserves throughout Northern Ireland. You will also be closely involved with The Futurescapes Project working with the Community Engagement Officer both at the Reserve and with outreach projects.

We need someone who is enthusiastic and friendly, who likes a new challenge as we enter this new project. Every day can be different on a reserve like Portmore and you will need to be flexible in your approach to your work. Previous experience in conservation volunteering would be desirable but not essential. You must be happy to work outside in all weathers, doing what can be challenging physical work. Some weekend working will be essential to run reserve events. You must be 18, and a full clean driving licence is desirable due to the remote location of the reserve. Minimum commitment: 2 weeks

Pin Badge Box Minder
Do you have a couple of hours to spare each month? Enjoy catching up with your friends over a drink at the nearby cafe? Perhaps you like the retail therapy of shopping on your days off. Or maybe you venture out frequently to your local garden centre to purchase more plants for your ever-expanding garden?

We are looking for volunteers in Derry, Newry, Lisburn, Enniskillen, Armagh and the North Coast to join our ever-expanding pin-badge volunteer team and place and visit pin badge boxes in sites such as shops, cafes and garden centres. You can help raise up to £1,000 a year for the RSPB in locations such as these! If you can help look after these boxes in one these areas then we would be delighted to hear from you. Together, we can all help to give nature a home by helping raise vital funds for conservation.

You will need to be able to visit your sites every 4-6 weeks in order to collect and pay in all donations raised, as well as replenishing your boxes. Minimum commitment: a few hours a month

MindWise is a leading mental health charity which supports those affected by severe mental illness and other mental health difficulties and promotes earlier intervention. To help make this a success they are looking for individuals to spare a few hours a week to volunteer.

They currently have volunteer opportunities in the following roles:

- Fundraising Volunteers (Northern Ireland wide)
Come and join a wonderful team of volunteers at InVOLve House, Queen Street, Magherafelt. InVOLve is a Mid Ulster based charity dedicated to developing communities and encouraging social involvement. In response to the increasing demand for a neutral and inclusive venue and due to the need for a central base of operations, InVOLve House was founded.

Currently, InVOLve House is used by all the community for several purposes such as training, meetings, workshops, luncheon club, fairs....

**Receptionist**
- To provide general and administrative support to the Recruitment and Placement in the Magherafelt Volunteer Centre/InVOLve House.
- Meet and Greet Visitors to InVOLve House
- To undertake reception duties, both in person and on the telephone, including taking messages for other staff
- To operate manual and computerised office systems
- To undertake general office duties

**Cleaner**
Could you spare a few hours to help with general cleaning?

Bowel Cancer UK is a charitable organisation dedicated to saving lives and improving the quality of life for all those affected by bowel cancer.

**Awareness Volunteer**
Have you been affected by bowel cancer in some way? Would you like to become a volunteer and help raise awareness of bowel cancer in your local community?

Our awareness volunteers deliver talks across Northern Ireland to bring the facts about bowel cancer to people’s attention and help them understand the symptoms, risk factors and the bowel screening programme. Becoming a volunteer is easy, we offer a full day’s training with plenty of time to practice the presentation, and we will support you every step of the way. All we ask is that you commit to delivering one event per month and you must be willing to speak in public.

**Fundraising volunteer**
Fundraising Volunteers are crucial to raising enough money to meet our ambitious goals. If you’d be interested in helping out from time to time at street collections, store collections, large events, collecting money tins etc. then please get in touch.
Support Group Facilitator (18+) - Magherafelt & Cookstown area

The purpose of this role is to facilitate Aware Support Groups

Your activities may include:

- Preparing for meetings and ensuring that the room is open and ready at least 30 minutes before the meeting is due to start
- Greeting support group members as they arrive and distribution of literature
- Giving information to the group about Aware’s other services via welcome pack
- Facilitating at the group meetings and adhering to support group model
- Assisting with annual survey of support group members

Responsibilities:

- Completing a short report sheet and sending it your immediate group supervisor
- Attend Training, support & supervision meetings as and when requested
- Communicating any problems and or concerns to the Aware Staff
- Commitment to keep up-to-date with resources and services provided by Aware

Awareness Ambassador (18+)

The purpose of this role is to assist in the provision of information to people affected by or at risk of being affected by depression at Primary Care and Community Level

Your activities may include:

- Identifying and targeting a range of suitable local outlets for information about depression Aware Defeat Depression e.g. GP’s, Practice Nurses, Practice Managers, Pharmacies, Libraries, Advice and Day Centres, Social Security Offices etc.
- Ensuring the supply of up-to-date and relevant information to such outlets and services
- Liaising with health professionals and other staff at the outlets with regard to the service you provide and the needs of the outlet.
- Representing and promoting the organisation e.g. at exhibitions, information days and health fairs
- Raising awareness of the needs of people affected by depression
- Delivering standard presentations to local community groups (this will not be required of all volunteers)

Responsibilities:

- To keep accurate records of work and provide copies to your supervisor along with a personal expenses claim form.
- Commitment to keep up-to-date with resources and services provided by Aware Defeat Depression
- To attend support & supervision sessions and training events as requested

Fundraising Volunteer (18+)

Your activities may include

- Alongside the Community and Events Fundraising Officer and your fellow volunteers:
  - plan and deliver local events and activities to raise funds and awareness under the guidance of Aware staff
  - Publicise your local fundraising events and activities as required
  - Support with larger events such as Mood Walk and Mental Health Awareness Week
  - Pro-actively seek new opportunities to raise awareness and funds for the Aware

Responsibilities:

- Commitment to keep up-to-date with resources and services provided by Aware and represent the charity a professional manner
- To attend briefings, support & supervision sessions and training events as requested

Estimated Hours 4 – 8 hours per month or as agreed by your supervisor

All volunteers will receive an induction, training and on-going and support also out of pocket expenses will be available.
**Horticulture Assistant**
Assisting members in various horticultural activities. This includes planting seeds, bulbs, making various planters (e.g. wooden raised beds, wooden wheelbarrows and upcycled items such as wellie boots etc). From time to time we will have specific projects which we will have obtained a grant for. Our current project involves transforming a derelict space in the Portglenone community with a grant from Kew Gardens “Grow for it Award” scheme. An interest in Horticulture would be good, caring attitude for people with daily challenges.

**Craftwork Assistant**
Assisting members in various craftwork activities. This includes drawing, painting mosaic tile plaques, upcycling items into new works of art (e.g plastic bottles and tops). An interest in creating art would be good, caring attitude for people with daily challenges.

**Carefully Yours Project**
*Luncheon Club/ Activity Volunteer*
Age 16+

The Carefully Yours Project aims to promote the independence and wellbeing of an active ageing population, ensuring that older people including those isolated or ‘difficult to reach’ are enabled to access information and services.

Volunteer support is required each Tuesday to assist staff with the running of the luncheon club in InVOLve House, Magherafelt. The role involves helping to prepare and serve lunches and chat with the users who are a group of over 55’s. The luncheon club runs from 12 noon to 2pm and assistance is required from 10am. Catering experience is desired but not essential.

Additional roles are also available throughout the week to assist with the running of other activities – set up, serving tea and general support.

Good communication skills and a friendly nature is required for this role. Activities consist of chair based exercises, crochet and occasional day trips. Travel expenses will be reimbursed.
Kilcronaghan Centre is a residential and conference centre. We are in a beautiful rural location, just a few miles from Tobermore, Draperstown & Magherafelt.

We are looking for someone to tidy up around the centre - weeding, strimming, painting, washing and some small repairs. The ideal person/people will enjoy working outside, be able to use their own initiative and not mind working on their own. Also we require a volunteer to help in the office with general admin duties.

Depaul is a charity helping people who are homeless or at risk of homelessness. Here we believe they deserve help to rebuild their lives and progress to a positive future. We offer a supported accommodation service for single people and couples who are experiencing homelessness, providing professional 24/7 support. Based in central Dungannon the service has a communal area, kitchen, gym, art & games room and garden areas.

Community Support Volunteer
A friendly volunteer is needed to accompany Depaul staff on regular community visits. Staff provide Harm Reduction Floating Support to people who are at risk of homelessness, are isolated in their home and are struggling with addiction issues and independent living.

Staff focus on tenancy issues, harm reduction and other specific needs and the volunteer can help support the service user socially in a befriending type role. There is also option for telephone support (phone provided). Training will be provided.

Activities Volunteer
Volunteers are required to encourage social interaction in a homeless accommodation service by engaging with service users by having a chat, play cards, play pool, gaming, organise quizzes or bingo, in-house befriending, watching movies, cookery, listening to music, creative activities etc. Volunteers would also be able to assist staff in general daily tasks.

Befriender
Volunteers are required to provide befriending support to the Housing First, Family Service Floating Support, Harm Reduction Floating Support or Castlehill Re-Settlement teams. Each volunteer will be matched to a service user in their local area. Duties would include making weekly visits to support service users and provide a listening ear and social support. Volunteers will also complete necessary basic admin and update staff regarding any issues with service users that staff need to action.

Gym/Fitness Volunteer
Volunteers are needed to help male & female service users to move towards a healthier lifestyle using on-site gym and support their physical well being.
Lissan House and Demesne is a charitable organisation run by the Lissan House Trust. All profit is reinvested in the preservation and restoration of the house and estate for the benefit and enjoyment of all. There is only one full time paid role and one part-time paid role within the organisation and all other duties are performed by our team of volunteers. Without our wonderful volunteers Lissan would cease to exist for the community.

Tour Guide 17+
Lissan is a charming house situated at the centre of a 267 acre demesne at the foot of the Sperrin Mountains in County Tyrone. It’s name was derived from the nearby ancient Celtic site of Lois Aine, where the goddess of summer was celebrated. Lissan has come to be known as “this golden place” by generations of the Staples family who lived here for almost 400 years before gifting Lissan to the community in 2006. Our tours are always colourful given the many interesting stories about the eccentric and fantastic Staples family.

Gardening and grounds maintenance 17+
Lissan House has a 267 acre demesne which is maintained by dedicated volunteers. We would love to welcome new and enthusiastic volunteers this summer. This opportunity is for people who have a love of the outdoors and nature and who care about keeping the grounds of this fabulous resource beautiful for our visitors.

You will be a part of the public relations team here at Lissan and will have to opportunity to interact with the visitors. We work with the Cookstown Wildlife Trust to maintain a wildlife meadow and are currently embarking on a project to preserve our walled garden and outbuildings.

Do you receive our monthly newsletter containing latest volunteer opportunities? If not then contact Barbara on 028 7930 1862 or email barbara@midulstervolunteercentre.org

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