

Volunteer Recruitment Fair

*Cookstown Leisure Centre
Thursday 2 October 2014
11.00am – 2.00pm*



Cookstown
DISTRICT COUNCIL
COMHAIRLE CHEANTAR NA COIRRE CRÍOCHAÍ
DISTRICT COUNCIL O COOKESTOWN

4C's Cookstown Community Cancer Society

Our Charity is Cookstown Community Cancer Charity located at 24 Oldtown Street. Our mission statement is to bring lasting and positive change to the lives of all patients and their carers in our area and surrounding locality.

We will provide an accessible and welcoming environment wherein they can enjoy free therapies such as reflexology and massage beauty treatment invaluable knowledge advice and counseling through our befriending support group. All our workers are voluntary and age from 16years to 69 years old. For our very supportive volunteers we would not be able to cope with our charity.

Action on Hearing Loss

Every day at Action on Hearing Loss, we strive to transform the lives of the Northern Ireland's 300,000 people who are deaf, have tinnitus or have a hearing loss. We can't do this alone and our volunteers help us in a wide variety of ways:

- Befriending service
- Supporting people in residential care setting
- Providing hearing aid maintenance support
- Running information stands
- Campaigning for better access to services
- Giving presentations or public speaking about our cause
- Hosting local fundraising events
- Stewarding at marathons or other events
- Hosting or running a peer support group

We'll train you and pay your out-of-pocket expenses

Advice NI

Advice NI's mission is to develop an independent advice sector that provides the best possible advice to those who need it most. The Supporting Active Engagement project uses volunteers to engage older people in digital inclusion taking place across N.Ireland. The project aims to help older people get online (and stay online) through the use of tablets. The project has a specific focus on helping people access information about their rights and entitlements.

Internet Champion

To deliver 10 sessions (each lasting approx. 1½ hours) of ICT training to a small group (5-10 older people) within the community, specifically within Folds or private nursing homes. The overarching aim for the volunteer is to empower older people to access necessary information online, with emphasis on older peoples' rights and entitlements (including pensions, benefits, health, housing & community care). Each volunteer will have full support of the project's paid staff. Volunteers are a pivotal part of the overall success of the project. It is hoped that volunteers will commit to a 2 day training programme once a week for 10 weeks and engage in supervision meetings every month. Volunteers must provide

their own transport to the training location yet travel expenses will be reimbursed. Advice NI will endeavour to place volunteers in a location nearby.

Age NI

Age NI is the leading charity for older people in Northern Ireland. The charity was formed as the result of the merger between Age Concern and Help the Aged in 2009. Our vision is a world where everyone can love later life.

Give it a wee go volunteer for Age NI! We need dedicated volunteers in all sorts of areas. There's an opportunity to suit you, whatever your age, skill and background.

Different volunteer opportunities in fundraising care, governance, peer facilitation.

Agewell/Good Morning Project

Agewell is a Local Partnership aimed at improving services for the Older People in Our Community. Agewell is a partnership covering the Mid Ulster Area, (Cookstown, Magherafelt and Dungannon and South Tyrone Council areas) working together to improve services for vulnerable older people in our community.

The Project is funded by the Big Lottery and is here to work with the local community throughout Mid Ulster providing a range of Free and Non Means Tested services

Volunteers are needed to help provide a daily telephone call to older and vulnerable people living in the District Council Areas of Magherafelt, Cookstown and Dungannon.

Alzheimer's Society

Alzheimer's Society is the UK's leading support and research charity for people affected by dementia. Currently there are over 19,400 people living with dementia in Northern Ireland and this figure is expected to rise to 25,000 by 2021.

Alzheimer's Society has a range of services in the Mid Ulster area which provide information and support for people living with dementia and their families. These include outreach visits, carer support groups, carer information programmes, signposting, activity group, friendship group, befriending programme and advocacy.

We are currently recruiting volunteers for a range of roles including support services, befriending, awareness raising and fundraising. Volunteering is flexible, ranging from a few hours per year to several hours per week. As a volunteer you will help us make a positive impact on the lives of people living with dementia. For information on volunteering opportunities please contact Fiona Brown on 028 8676 5888 or email fiona.brown@alzheimers.org.uk.

Arthritis Care

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

- Self Management Courses (6 week course)
- Challenging Pain (2 week Course)
- Befriending Service (Staying Connected)
- Fit Project
- Family Youth Work Service
- Branch network
- Campaigning
- Helpline Service

Aware Defeat Depression

Aware Defeat Depression has been working since 1996 to support all those in Northern Ireland affected by depression. We also welcome and support carers. We opened our first office in Derry/Londonderry and now have a second office in Duncairn Gardens, Belfast where our helpline is based. We also have an established network of over twenty support groups in rural and urban areas across the country, which are run by our trained volunteers.

Aware Defeat Depression is the only charity in Northern Ireland which works exclusively for those with depression. We believe that the people who use our services should have a say in how they are developed and delivered, so we employ people with experience of depression at every level in the organisation, including the Board of Directors. We rely on our dedicated and caring volunteers who run our support groups and helpline. Many of our volunteers began as service users themselves and as such are an excellent asset to us and keep us informed on staying in touch with people's needs.

Volunteering opportunities with Aware in the community include, as Support Group Facilitators, Awareness Raising Volunteers and Fundraising Volunteers. Within the Belfast Office there are also opportunities for Helpline Volunteers and Admin volunteers. Full details of all our roles can be found on our website at www.aware-ni.org or contact grainne@aware-ni.org

Ballinderry Rivers Trust

Ballinderry Rivers Trust is dedicated to the conservation of the Ballinderry River, its freshwater species and habitats, its fisheries and the education and empowerment of the catchment community in the protection of the river.

Ballinderry Rivers Trust is a not-for-profit community business owned by its parent charity the Rivercare Ltd.

Working in partnership with the local community, Northern Ireland's government departments and non-government organisations, Rivercare Ltd. carries out breeding programmes for locally and globally threatened freshwater species, river habitat enhancement and restoration projects, water quality improvement initiatives and education and awareness programmes in the Ballinderry and further afield.

Ballinderry Rivers Trust specialise in the breeding of river brown trout, dollaghan trout, and Atlantic salmon. The hatchery is also a centre of breeding excellence for the globally endangered Freshwater Pearl Mussel and has more recently established a breeding programme for the globally threatened White-clawed Crayfish.

Rivercare Ltd.'s specialist staff provides a consultancy service, advising and helping clients plan and undertake river projects. The centre also undertakes breeding programmes and carries out habitat restoration projects on other rivers in Northern Ireland and the Republic of Ireland, on behalf of resident angling clubs, conservation groups and local and central Government organisations.

- River Emergency Response Team – 10 volunteers needed – 18+
- Electrofishing – 10 volunteers needed – 18+
- Hatchery Assistant – 2 volunteers – 16+
- Fish restockers – 6 volunteers needed – 16+
- River watchers – 20 volunteers needed – 18+
- Learning guides – 4 volunteers needed – 18+

British Red Cross

The British Red Cross helps people in crisis, wherever and whenever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies.

We enable people vulnerable to crisis in the UK and abroad to prepare for and withstand emergencies in their own communities. And when the crisis is over, we help them to recover and move on with their lives.

In the UK, our health and social care work offers valuable time-limited support for individuals vulnerable to crisis. From people recovering from illness, surgery or an accident, to struggling with a life-changing event, Support at Home volunteers enable people to live as independently as they can at home, building trusting relationships and helping them to regain their confidence and well-being. Working closely with health and social services colleagues, volunteers can make the difference in preventing an admission to hospital or supporting a timely discharge home.

We have 2 Volunteering Opportunities available:

- Support at Home Volunteer: The aim of the Support at Home service is to place the person at the centre of what we do and help them get through a crisis by offering positive encouragement, practical help and emotional support, for a few days or for longer, depending on their needs.

- **Transport Volunteer:** Either using your own car or a Red Cross vehicle, you will offer door-to-door assistance for those in need, providing freedom of travel for those with mobility problems. You will help people get to medical appointments, carry out everyday essentials like shopping, or even just to get out of the house and socialise. Besides transport, we can also provide an escort who, if necessary, will stay with a client throughout their journey.

Cancer Choices

Cancer Choices is an independent patient led organisation based in Dungannon which was established in 2003 to support people with cancer and their families and carers. We offer a wide range of free services which range from 1-1 support, complementary therapies, bra fitting service, benefits and welfare advice, self management programmes and holistic healing.

In addition to these services we are actively involved in the community providing information, health checks and screening at events throughout the year.

Volunteers are crucial to cancer choices and as a growing organisation there are many ways you can get involved. These can include:

- befriending
- gardening
- fundraising
- housekeeping
- complementary therapist
- beauty therapists
- hairdresser

Minimum age limit 18 years. All volunteers will receive full training and induction and will have the support of the volunteer manager at all times through their volunteering with the organisation.

Cancer Focus

Cancer Focus Northern Ireland is your local cancer champion, here to help you and your family if you have cancer. We'll help your community take positive steps to a healthier life, to lower their risk of cancer and we are determined to bring a more hopeful future by funding ground-breaking research.

Our Volunteering opportunities are as follows:

- **Cancer Focus Champion** – Raising the profile of the charity and increase knowledge and awareness. Distributing leaflets & newsletters to local groups, schools, libraries etc. Helping at local information stands and health events.

- Family Support Volunteer – Helping our Family Support Workers with projects to provide help and support to children and family members who are coping with a loved one's cancer diagnosis.
- Fundraisers – Help raise funds at various events, e.g. at shopping centres, sporting events, music concerts, etc. Collectors must be 16 or over.(May be day time / evening / weekend according to nature of events)

Careers Service

The Careers Service is an integral part of the Department for Employment and Learning and provides free and impartial careers information, advice and guidance service to clients of all ages and abilities throughout Northern Ireland.

Caudwell Children

Aged 18 years or over. We can accommodate volunteers with support need. Caudwell Children volunteers visit families who care for a disabled child and provide emotional and practical support. 1 x per week for 2 hours. Travelling expenses are paid. Training provided and subject to an AccessNI check.

Citizens Online

Citizens Online is a UK charity that aims to tackle the issues of digital inclusion ensure that the Internet is available to everybody help individuals and communities understand and gain the benefits of being online www.citizensonline.org.uk

Can you help someone get online?

BT and Citizens Online are working together to run the Get IT Together Programme through BT Connected Communities:

- We take a community based approach to digital inclusion
- Local people are trained to help others to use the internet and discover the benefits of being online.

Who can volunteer?

- We look for friendly volunteers from all walks of life that have IT skills and are willing to help others learn.
- You do not need to have formal IT qualifications or be a tutor or teacher to help with our sessions.
- We provide training for volunteers, and will support you to help others learn.
- If you have basic computer skills and the ability to pass on knowledge, patience, good communication skills and are willing to work with people then YOU are just what we are looking for.

CLIC Sargent

CLIC Sargent is NI's leading cancer charity for children and young people. It provides clinical, practical and emotional support for young cancer patients and their families, from diagnosis onwards. For more information visit www.clicsargent.org.uk

Every week in Northern Ireland 2 children or young people are diagnosed with cancer, their treatment will usually begin immediately in one of the main cancer treatment centres in Belfast. Currently families in Northern Ireland dealing with childhood cancer can face an average round trip of 95 miles, several times a week in order to receive cancer treatment and spend an additional £360 per month. Costs can include travel, fuel, meals and accommodation.

The CLIC Sargent Homes from Home Appeal is a £3.7 million capital project to build two houses beside the Royal Hospital for Sick Children and the City Hospital which will go some way in helping to ease the financial and emotional impact of childhood cancer. CLIC Sargent's Homes from Home give families a place they can stay together free of charge while their child or young person is receiving treatment in the hospital.

The houses will be provided to families free of charge and offers them the ability to remain close to their loved ones while they undergo treatment as well as the chance to maintain a sense of a normal family life by keeping the whole family together. The first CLIC Sargent Home from Home opened in December 2013 at the Royal but fundraising is still required for the teenager and young adult Home from Home at the City Hospital.

Code Club

Code Club is a nationwide network of free volunteer-led after-school coding clubs for children aged 9-11.

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.

Minimum age 18. 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.

Concern Worldwide

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 Worldwide is looking for volunteers to join our team. We have fantastic opportunities for you to make a valuable contribution in helping to raise vital funds to tackle hunger and transform lives, and also to boost your skills and CV!

Opportunity: Concern Ambassador

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

Opportunity: 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, and 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.

Cookstown and District Women's Group

Cookstown & District Women's Group are based at Positive Steps Community Centre 2c Park Avenue Cookstown and would wish to recruit volunteers for their charity shop called NEW HOPE. The monies collected within the charity shop supports the work of Cookstown & District Women's Group/Tiny Steps Crèche who have provided a caring and friendly environment for the needs of the local community for the past 17 years.

Many of our users and participants are representative of the most vulnerable within our community such as single mothers, older people, those with mental health problems, long term unemployed, young offenders and those with addiction problems. We provide personal development, recreational, and accredited training courses and workshops.

Many users have availed of our free listening ear and counselling services with the centre. The charity shop is named appropriately "New Hope"; we believe this name encompasses the work of the centre. Over for the past 17 years, 4,300 participants have availed of opportunities of a lifetime, for others it has been a lifeline in times of despair and when they felt they couldn't cope. The shop opens Monday to Friday 10.00am – 2.00pm.

We would like to also recruit for volunteers for our most recent project '**Cookstown Street Angels**'. Working in conjunction with the Gathering Place, local businesses, night-club

owners and Cookstown PSNI, Cookstown Street Angels' main aim is to dramatically reduce the level of anti-social behaviour and to help those who are most vulnerable in particular young women in Cookstown on Friday and Saturday evenings. Volunteers strive to ensure that socialisers get home safely and work to prevent young people from danger and harm, making Cookstown a safer, more enjoyable place at the weekend.

We would like to recruit volunteers one evening per month. If you would like to help make Cookstown a safer place whilst meeting new people and becoming actively involved in your community? Well, now's your chance!! . All volunteers receive First Aid, Conflict Management and Suicide Awareness Training, and will wear identifiable uniforms and ID cards.

Cookstown and Magherafelt Volunteer Centre

Cookstown and Magherafelt Volunteer Centre was established in June 2000 and provides support and co-ordination to volunteering in the Cookstown and Magherafelt district council areas. It provides a link between 'those who need help' and 'those who want to help'.

Marketing/PR Assistant (can be home based or in office)

Seeking a dynamic and motivated individual to assist with our marketing and PR activities. Ideal for a volunteer who wishes to gain firsthand experience assisting and leading on a variety of marketing and PR activities in and around Cookstown and Magherafelt. Specific tasks can be adjusted to meet the interests and availability of the volunteer.

Database Assistant (required in our Magherafelt and Cookstown offices)

- Providing support to the Volunteer Centre staff
- To update information on the database
- Search database records for any information still in the old format
- Input information following the new database process
- Liaise with staff members to explain any confusing data
- The database is essential for the Volunteer Centre to interact in an accurate and appropriate way with all our volunteers and organisations. As such, it is vital that the information on the database is up to date and in a consistent format.

Office Assistant (required in our Magherafelt and Cookstown offices)

- To provide general and administrative support to the Recruitment and Placement Officers, and Centre Coordinator in the Cookstown and Magherafelt offices.
- To undertake office 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

Website Assistant (Based Magherafelt office)

The Volunteer Website Assistant will support staff in maintaining and updating our website. The volunteer will work under the close supervision of the Recruitment and Placement Officer in our Magherafelt office.

Cookstown District Council

Janice Cuddy is the Health Support Officer within Cookstown Council. promoting two schemes she is promoting. The first is Make a Change who is for anyone that is aged 50 and over and want to make positive changes to their lifestyle. The second scheme is Home Accident Prevention which is where they would carry out visits for those ages 65 and over or families who have children under 5. We would carry out these visits to highlight the importance of safety within the home for example, falls prevention, blind cords safety, burns and scalds, mobility issues etc

Cookstown Jobcentre

The Department of Employment & Learning (DEL) –

Youth Employment Scheme (YES) – is an early and intensive intervention by Employment Service staff with young people aged between 18 and 24, to help them move from a dependency on working age benefits into sustained employment at the earliest opportunity

Employer Subsidy – This package of assistance is available for up to 26 weeks and provides increased access to potential employees of all ages. Help with the cost of training for participants aged 18 to 24 is also available.

Cookstown MS Help and Support

We are a charitable organisation that facilitates a group of individuals to meet together in order to improve the quality of their lives.

Anyone who is diagnosed with MS can join the group. Members can meet with each other have a chat and a cup of tea/coffee exchange views on their condition and general health. We are always looking for volunteers to help out at our weekly meetings and also to help with our day trips.

The group would also like volunteers to help with fundraising events. Volunteers need to be at least 16+ years old. We meet every Thursday at 11.00am-1.00pm at Fairhill community centre Cookstown.

Cruse Bereavement Care

The death of someone we love is likely to be one of the most distressing experiences we will ever face. However Cruse Bereavement Care in Northern Ireland, part of the national Cruse charity, has been providing bereavement support to assist people to move through this process of change for 30 years. The Northern Area, one of seven Cruse areas across Northern Ireland, covers a wide geographical region, stretching from The North Coast to Mid Ulster, Antrim, Ballymena and Larne. We provide support, advice and information to children, young people and adults when someone dies. Services are free of charge and available over the phone, online and face to face.

Cruse needs volunteers to keep our local services running smoothly. Volunteering for Cruse can be very rewarding, and help to make a positive difference to someone's life.

Volunteering opportunities :Bereavement Support Volunteer Trainees: You do not need to have prior qualifications to be a Bereavement Volunteer, but you do need to care about bereaved people and have time to offer. All volunteers who wish to provide face-to-face support must complete our Awareness in Bereavement Care (ABC) course. Places on the course are free to applicants aged 60+ but there is a subsidised course fee for others. The course can be accredited at Ascentis Level 2. The closing date for applications to train within the Northern Area as a bereavement support volunteer is 31 October 2014 and our next course starts on Saturday 17 January 2015 and for 6 further dates. Further details online www.cruse.org.uk/northern-area/events

Volunteer Supervisors who already have a recognised qualification in Counselling Supervision at Level 3 or above, and meet our criteria as regards knowledge and experience. Volunteer Supervisors provide a vital role in supporting bereavement volunteers and assisting our Client Services Committee to develop local services.

We welcome men and women of all ages, races, cultures and backgrounds.

Volunteer minimum age 18+. Access NI check and references required for all volunteers, as well as pre course/selection interview.

Beyond Words

- Older people will have increased access to support during the life transition of bereavement including stroke survivors, carers and older people living in sheltered housing
- Older people will have fuller connected lives and increased skills and wellbeing through volunteering to support other older people
- Older People will be involved in the management and delivery of the project which will reduce isolation and exclusion
- Older people living in sheltered housing, stroke survivors, carers and local communities will have increased confidence in their capacity to support older bereaved people

The Volunteer Positions include (Although focus is on over 60's these positions are also available for younger volunteers)

- Cruse Bereavement Support Volunteers
- Cruse Committee Members Northern Area
- Stroke Befriending Volunteers
- Stroke Communications Volunteers

CYPSP

The Children and Young People's Strategic Partnership (CYPSP) is a multi agency partnership that includes the leadership of key statutory agencies and community and voluntary

organisations that have a responsibility for improving the lives of children and young people in Northern Ireland.

The Cookstown Locality Group was launched by the Cookstown Local Strategy Partnership in February 2005 with funding for one year for a project worker. The Cookstown Social Audit published in 2004 by the LSP had highlighted the need for improved integration of services, signposting and awareness raising and the need for local responses to young people's needs, aspirations and interests. On the same day the LSP also launched a Youth Forum and a Disability Forum. This Group has additional links into the wider CYPSP process with a representative of the Locality Planning Group linking to the Outcomes Group.

Diabetes UK

Diabetes UK Northern Ireland is dedicated to putting the interests of people with diabetes first, through the best in campaigning, research and care. Help make a difference to the lives of the 80,164 people living with diabetes in Northern Ireland. Our volunteers are at the heart of Diabetes UK Northern Ireland. Without this support, Diabetes UK could not carry out its vital work in research, education and care. Our volunteers bring skills, experience, energy, enthusiasm and commitment to Diabetes UK. Volunteering can also make a difference in your life too, letting you meet new people, learn new skills and have fun.

Opportunities available include:

- Provide local support and information to people living with diabetes
- Organise annual Care Events
- Work in partnership with healthcare professionals, local health service providers and voluntary and professional bodies in Northern Ireland
- Work to set up and support voluntary groups
- Campaign and raise awareness of diabetes
- Raise funds for research in Northern Ireland and organise fundraising events

Gold Surestart

At Gold Surestart we offer services that are designed especially for families with children aged from 0 – 4. Work in partnership with local statutory services, community groups and parents to ensure there are appropriate services and support for families in the area.

Work in 7 electoral wards of Cookstown – Oldtown, Gortalowry, Killymoon, Ardboe, Dunamore, Pomeroy and Maghera. If you would like to find out if you live in these ward areas and can avail of our services please ring Gold office and speak to one of our staff.

We provide help, support and advocacy to families who are new to our area especially those who have come from another country and who do not have English as their first language.

We have various roles available for volunteers within our organisation. These include, volunteering in our crèche and Two Year Programme, volunteering in our office, breastfeeding peer support volunteering amongst others

Minimum Age for Volunteers is 18 years of age.

Guide Dogs

Guide Dogs vision is for a society in which people who are blind and partially sighted enjoy the same freedom of movement as everyone else. Our purpose is to deliver the guide dog service and other mobility services; to break down legal and physical barriers; and to enable people who are blind and partially sighted to get around on their own.

We have a range of volunteering opportunities available to enable us to make a positive difference to the lives of more people living with sight loss in Northern Ireland.

Please note. Closing date for these roles is 31st October 2014.

Fundraising Group Organiser (Magherafelt)

Enjoy meeting new people? First in the queue when there's organising to be done? Take the lead for Guide Dogs! (Minimum 18 years)

Fundraising Group Secretary (Magherafelt)

Meet new people. Develop new skills. Make new friends.

Fundraising Group Treasurer (Magherafelt)

Are you a whiz with numbers? Help us tally up our funds!

Volunteer Fundraiser (Northern Ireland wide)

Join your local Guide Dogs team! Minimum age: 14 years.

Collection Box Co-ordinator

Our iconic collection boxes in shops and other businesses across the country help us raise vital funds for Guide Dogs. Minimum age: 16 years

My Guide Volunteer

Can you spare a couple of hours of your time to do something worthwhile? Minimum age: 18 years

Campaigning Volunteer

Time commitment: variable, depending on current campaigns.

Minimum commitment: ½ day per month.

This role is a great opportunity to learn more about local campaigning while gaining practical experience in a well established third sector charity. You will be supported by our Engagement Officer and will receive training relevant to the requirements of the role.

Head Injury Family Support

'Head Injury Family Support Group' is a local charity which was set up to give financial and moral assistance to families of a head injured person.

It is often said that it is a family with a head injury – not just a person as it affects the whole family. It is these families that we strive to support.

Approximately 2000 people are affected by an acquired brain injury (ABI) in Northern Ireland each year.

Would you like to become a volunteer to help those families? Volunteers are required for fundraising activities throughout Northern Ireland. This could include a bag pack, coffee morning, table quiz, charity run/walk. This is just an example - 'Do you have any ideas'? Come and talk to us and give us your suggestions.

Irish Football Association

The Irish Football Association is the National Governing Body and custodians of football within Northern Ireland. Recently we have expanded our volunteering focus and opportunities, whilst recognising that football could not survive without volunteers. We have recently developed an IFA Core Volunteering team which volunteers can apply to join. Once a member, we will match the interests, skills and experience of the volunteers to upcoming opportunities. This core volunteering team will be accessible across management within the IFA and there will be a range of attractive volunteering opportunities. These include but are not limited to the following –

Administrative volunteering, Event support, Maintenance, Coaching assistants, Interface work, Team helpers, Tour operators and spectator advice, PR/Marketing, Hospitality,

Volunteers could get involved within the following departments

- Grassroots
- Women's football
- Disability football
- Referees
- Elite
- Schools football
- Community relations
- Communications
- PR/Marketing
- Operations
- Ticketing

Furthermore, we aim to provide support to external clubs by helping them develop and empower their volunteers. As such we will signpost interested volunteers to local clubs within their area.

Kinship Care NI

Kinship care is where a child or young person lives full-time or most of the time with a relative or family friend because they are not able to live with their birth parents. Kinship Care Northern Ireland is a charity that was set up to provide information, support and advice to kinship carers and the children living in kinship care. We currently have two projects running. We have the Caring for Kin project which is based in Antrim and Draperstown. This project is specifically for grandparents who are raising their grandchildren and older kinship carers who are bringing up their family member's children.

Our second project is Kinship Care Support Service ran from our office in Derry. This is a service specifically set up to give support to the children who are living in kinship care.

We hold a range of different events and day trips throughout the year for carers and the children.

- Admin and other office duties.
- Promotional events such as volunteer fairs, youth fairs etc,
- One to one support for kinship carers, befriending etc.
- Mentoring young people living in kinship care.
- Assisting with Grandfamilies Matter programme.

Volunteers must be aged 18 and over. All volunteers will receive a full programme of training. We can accommodate volunteers with support needs.

Lissan House

Lissan House Trust manages the 400 year old Lissan House and its 265 acre estate A wide range of events are catered for in the house and on the demesne e.g. weddings, photoshoots, vintage events and community group workshops, fun days, art courses, small conferences, murder mystery evenings etc. There is a woodland play park and a network of walking routes through the estate.

Volunteers minimum age 17. Volunteers may be engaged in a variety of activities including library cataloguing, house care & maintenance, guiding on house tours, garden and paths development and maintenance.

Livenet

LiveNet, Mencap's ICT project, is designed to help people with a learning disability to develop the skills & knowledge to use ICT in everyday life.

We are currently looking to recruit a number of volunteer ICT experts to aid in the community delivery of the next phase of our project.

Magherafelt District Advice Centre

Magherafelt District Advice Services provide free, confidential, impartial and independent advice, information, negotiation and representation throughout the Mid Ulster Area, on topics such as budgeting, consumer, debt, education, employment, energy efficiency, form filling, housing, housing grants, money management, welfare rights and much more.

In addition to general advice and information we provide specialist advice in areas of SSA and employment tribunals, Debt and money management and energy efficiency.

Advice and information is available in a variety of forms such as email advice, telephone advice, face to face and drop in clinics. The organisation has eight outreach venues throughout the area and provides home visits where necessary.

With additional services such as information talks and referral systems, the MDAS team work closely with other community and voluntary groups, statutory bodies, health professionals and other groups and agencies to ensure the best results for our clients.

The organisation has provided volunteer opportunities in a variety of roles including administration and reception, advice, research and development, funding and fundraising, finance and IT support. As part of our commitment to community support, in addition to volunteer roles the organisation also has been able to provide placement support and training to enhance the skills and experience of unemployed people in our community.

The organisation follows strict guidelines and policy on equal opportunities and diversity and welcome all to our team.

Magherafelt Womens Group

Magherafelt Women's Group offers a unique program of training and education programmes to improve the skills of local women. In addition, we run health and well being programmes to combat physical and mental health problems. All activities are delivered in the Learning Lodge which is an informal and relaxed environment. We work with women of all ages but especially work with those dealing with social isolation, carers in the community, cancer sufferers and those most socially and economically disadvantaged

As a charity we need volunteers to help our centre fulfil its potential. We need volunteers:

1. With administrative experience to help cover office duties including answering the phone, processing bookings and invoices and dealing with visitors to the centre.
2. Who would like to lead a class for example in knitting, sewing, painting or a language class?
3. Who are accredited teachers in Sage accounts, Sage payroll and computer skills

We have no age limits and are keen to ensure our volunteers have a worthwhile experience during their time here at Magherafelt Women's Group

Marie Curie Cancer Care

Marie Curie Cancer Care provides high quality nursing, totally free, to give people with terminal cancer and other illnesses the choice of dying at home supported by their families.

- Fundraising Group Members
- Volunteer Collectors
- Community Ambassadors

All minimum age 16

Marie Curie Helper Service

Would you like to provide support to people in your local area with a terminal illness and their carers? If so, we are currently recruiting Marie Curie Helper volunteers in the Belfast and the South Eastern Trust areas i.e. Lisburn, Downpatrick, Ards Peninsula and surrounding areas. No clinical experience is necessary as a Marie Curie Helper does not provide any nursing or medical care or advice.

What is the Marie Curie Helper service?

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

What does a Marie Curie Helper volunteer do?

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
- a short break for families and carers from their caring role
- practical support, e.g. accompanying individuals to appointments or simply going out for a coffee
- help with sourcing information on other available support

What are we looking for?

As a Marie Curie Helper volunteer you would need to:-

- be aged 18 or over
- commit to a minimum of three hours a week and be available between Monday – Friday 9am -5pm.
- be a good listener
- be friendly and reliable

Why volunteer?

By giving us some of your time, you can help us to provide more support to people and their families at a very difficult time in their lives. You'll become part of a dedicated team and know that the time you give will really help the people in your area who need our support. We will provide you with all the necessary training for this service.

The Marie Curie Helper service is working in partnership with the Northern Ireland Housing Executive

Mencap

Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers.

Mencap works with people with a learning disability to change laws, challenge prejudice and support them to live their lives as they choose.

Mencap's new project, Link Me is connecting older people with a learning disability to their community. The project seeks to enhance the wellbeing of older people with a learning disability by providing opportunities for them to take part and be included in the life of their

community, with the support of volunteers. Link Me volunteers and Mencap staff will support older people with a learning disability to access leisure activities, such as going to the gym, visiting a museum or restaurant. The Link Me volunteers will help to create a safe learning environment where people can explore their options and build their confidence and self esteem. Your contribution empowers and directly supports more individuals to live fulfilled lives.

Mid Ulster Women's Aid

The purpose of Women's Aid is to provide a quality based holistic service to women and children affected by all forms of domestic violence; to educate, challenge and co-operate with external agencies and the wider community with a vision to eradicate domestic violence.

Volunteering opportunities available –

- Schools Programmes
- Children
- Assisting with Outings
- Fundraising
- Clerical/Admin
- Flag days
- Giving help and support to women in refuge
- Helping with activities in refuge
- Aftercare

Volunteers should be 18 and over

Mid Ulster Child Contact Centre

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

Contact Centre Opening Hours:

Cookstown Centre: Wed 6.00pm - 7.30pm & Sat 11.00am - 1.00pm

Magherafelt Centre: Thu 6.00pm - 7.30pm

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.

Network Personnel

The Source (LEMIS) programme is an initiative designed to help unemployed people in the community aged 16 to 65 overcome those issues that may be preventing them from finding and keeping a job.

The service is provided by local community employment organisations in the Belfast area, Derry, Strabane, Newry and Mourne, Moyle and Cookstown District Council areas.

In addition to these areas SOURCE is also available on an outreach basis throughout Northern Ireland to individuals with a common employability barrier to employment:

- young people (16 to 24 years) Not in Education, Employment or Training (NEET)
- individuals that are homeless
- ex-offenders / ex-prisoners
- individuals with a history of drug/alcohol abuse

At Network Personnel we offer an impartial and confidential advice and support service to help people find a job which best suits their skills and abilities. Our programme is person centred, flexible and puts the needs of the client first. It is offered on a voluntary basis at a time that suits the client and does not affect any benefits they may receive.

We provide support and training for volunteers in preparation for voluntary roles within the local community.

Northern Health and Social Care Trust

Volunteering can open many doors of opportunity. Within our Mental Health Services the opening of our Recovery College heralds a major shift in emphasis from relying on services to providing educational courses and resources. Enabling people to take control of their own lives through their own journey of recovery.

We focus not just on the person or people with mental health issues, but on carers, families , professionals and the invaluable contribution made by those with lived experience of mental health issues.

Overall the intention to reduce/irradiate the stigma still surrounding mental health by including volunteers from as wide a background as possible. Everybody experiences times of difficulty, everybody can learn, everybody can progress.

Volunteering opportunities:

- Pianist/Organist
- People who can deliver training
- People with lived experience who are agreeable to tell their story of recovery.
- People who wish to befriend and support individuals in their recovery journey.
- Librarian duties.
- Organisational skills
- Clerical duties.

The minimum age is age 18

NHSCT - Macmillan

The Northern Health and Social Care Trust are currently recruiting Macmillan volunteers for Antrim (Laurel House/Macmillan Unit) and Causeway hospitals. The minimum age is 16years and we can accommodate volunteers with support needs which will be explored during the

recruitment process. Macmillan volunteers in Antrim currently assist with meet and greet/information and support, welcoming patients and visitors. They also provide complementary therapy, hairdressing, ward companionship, driving facilities etc.

At present Macmillan information and support volunteers in Causeway Hospital will be supporting the provision of information throughout the hospital to all visitors/patients as appropriate. They may also be required to assist with general administrative/clerical duties and may be involved in some outreach services. All Macmillan volunteers will receive professional training.

Northern Ireland Chest Heart & Stroke

Northern Ireland Chest Heart & Stroke (NICHS) is the local charity for the care and prevention of chest, heart and stroke illnesses. We work with people who have these conditions and their families, offering practical and emotional support at what can be a difficult time in their lives.

Our support groups provide an opportunity to share experiences while benefitting from a structured programme of activities including rehabilitation, exercise and information.

We do health promotion in schools, with the homeless and in workplaces. We fund research relating to prevention, treatment and care. We campaign at Assembly level for people and families who are affected by these conditions.

Why we need volunteers

Nearly everyone knows someone affected by a chest, heart or stroke related illness. NICHS would be unable to provide the range of Care Services and raise the money required to support these services without volunteers. We need volunteers who are willing to give up a little of their time to make a real difference to people's lives?

NICHS welcomes volunteers with any additional support needs.

Some volunteer roles require volunteers to be over 18 and may require an Access NI check.

NSPCC

The NSPCC has more than 400 people in Northern Ireland who regularly undertake a wide range of activities to support local children and families.

There are many volunteering opportunities available with NSPCC Northern Ireland including becoming a volunteer Counsellor with our ChildLine helpline for children or becoming a volunteer visitor to schools giving talks to children which help them to stay safe and recognise abuse. NSPCC volunteers also support young victims and witnesses through the daunting experience of the court system. These are only examples of the many ways in which volunteers help NSPCC and of course the participation of volunteers in a host of fundraising activities is essential to support all of our work.

Some of our opportunities include;

ChildLine is a free and confidential helpline for children and young people. It is available 24 hours per day, 365 days a year to support children and young people, whatever their worry.

We aim to answer every contact made to **ChildLine** and to offer comfort, advice and protection and we need dedicated volunteers for our Belfast and Foyle bases to make that possible. As a ChildLine helpline volunteer; you will spend four hours per week helping to offer children and young people aged 18 and under, confidential advice and support via the 24 hour telephone helpline or online, using the increasingly popular 1-2-1 chat and email service.

Find out more about how you can help by donating your time as a:

- switchboard volunteer
- volunteer counsellor
- administration volunteer

ChildLine Schools Service

ChildLine's pioneering Schools Service aims to be in a position to visit every primary school in Northern Ireland once every two years by 2016 to talk to children aged 9-11 about abuse, how to protect themselves, and where to get help if they need it.

As a ChildLine School Service volunteer; you will spend up to half a day per week helping support the Schools Service programme which aims to prevent abuse before it starts by equipping children in every primary school, in every community across Northern Ireland, with the knowledge they need to act with confidence if they fear abuse.

Using a series of age-appropriate assemblies and interactive workshops, our trained volunteers encourage children to recognise situations where they may need help and show them ways of accessing support. So if you are available during normal school hours (9am – 3pm) you could volunteer to help us protect more children from abuse

Young Witness Service

The Young Witness Service is a free, independent and confidential service offered to children and young people who are under 18 years old and have to attend court as witnesses.

Working with social workers and other qualified staff, you will help to support young people and their parents (or carers) before, during and after any trial so that they can give the best evidence to the court and prevent any further trauma caused by their experience.

We are currently recruiting volunteer Young Witness Supporters in all courts across Northern Ireland. A significant and flexible time commitment is required for this volunteer role - applicants must be available weekdays and occasional evenings.

Fundraising

We are always on the lookout for enthusiastic fundraising volunteers. However much time you have, whether you want to raise money by yourself or as part of a group, there's something for you. Becoming a fundraising volunteer is a great way to use the skills you have - and even develop new ones. You'll be part of a team working towards our common goal of ending cruelty to children across Northern Ireland and the rest of the UK. It's a very rewarding way to support us too.

Just a few of the ways you could fundraise for NSPCC Northern Ireland include;

- finding raffle or auction prizes
- promoting an event to your friends, family and colleagues
- planning or supporting an event – such as a tea party, quiz night or fashion show!

O4O Cookstown

O4O – Opportunities for Older People (formerly Age Concern Cookstown Ltd) are an independent charity working with and for older people, providing essential support services. After 25 years, O4O have commenced a new stage in their life as they celebrate a move from their existing premises to a newly re-vamped home on the Oldtown Street. The premises (formerly known as the Old Town Inn) will be home to the area's newest restaurant serving home-made meals including vegetables that are grown and harvested by volunteers in local gardens. The restaurant will run a daily lunch club initially providing three course, hot meals priced favourably to encourage use by those on all incomes and will also be available for bookings for private functions including family celebrations as well as meetings. The restaurant will also provide a meals-on-wheels service to older people in outlying areas. All profits from the venture will be ploughed back into services for older people in the local area. Next door to restaurant, is the Information Drop-In Centre. It is anticipated that this centre will become the regional hub for information about older people's issues & activities supporting older people in the wider area including Dungannon & Magherafelt. Once open, 'surgeries' will be held here by organisations such as Access 2 Benefits & Citizens' Advice to ensure that older people are able to access the information they require. Volunteer opportunities include:

Luncheon Club Assistant

Volunteers are required to help set tables, prepare & serve meals or simply help with the cleaning of the Luncheon Club.

Lunch Delivery Volunteer

Volunteers are needed to accompany the driver to deliver the daily lunches throughout the community. This is a great opportunity to meet people.

Retail Volunteer

The O4O charity shop in Molesworth Street, Cookstown is looking for a volunteer(s) to revamp the existing shop in the hope of attracting more custom to raise funds for this charity. Previous retail/marketing experience would be helpful.

Charity Shop Assistant

Volunteers are required to help out in O4O's charity shop in Molesworth Street. The role involves general shop duties e.g. sorting of merchandise, tagging, serving customers.

Gardening Assistants

Age Concern operates vegetable gardens which are used to produce vegetables for their Luncheon Club. Volunteers are welcome to assist in the upkeep of the gardens. Experience is desirable but not essential.

Activity Organisers

Volunteers are required to help out with activities in the Monday & Tuesday Clubs. The aim of the Monday & Tuesday Clubs is to stimulate the health and well being of their male & female members, through leisure activities i.e. bowling, snooker, quizzes, gardening and outdoor walks. You can also simply help with serving tea/coffee at these activities.

Leaflet distribution Volunteers

Volunteers needed to help distribute information leaflets as & when required throughout the local area.

Phoenix ADHD Project

YOUTH MENTORING PROGRAMME

Phoenix ADHD Mentoring Project is a new project which will work alongside the work currently being completed by the Phoenix ADHD Project. A volunteer mentor will be matched with a young person aged 12 to 18 affected by ADHD and experiencing difficulties as a result. The project will offer a social, educational and recreational service.

VOLUNTEER ROLES

- To meet and build relationship with a young person with ADHD
- To actively participate in social and recreational activities with the young person
- To talk to the young person about areas of difficulties being faced, as identified with the assistance of the project team, mentor coordinator and family
- To encourage the young person to attend group recreational activities with other young people involved with the youth mentoring programme

Volunteer Mentors should commit to the project for one year (upon matching)

- To attend an accredited training possibly in the evenings or weekends
- Meetings with the young people will take place on a weekly basis for 2-3 hours per visit and should take place at suitable location and at an appropriate time. (This may involve activities at the weekend or evening)
- Volunteer Mentors will be given a monthly allowance for activities with the young person, receipts should be kept and the money should be budgeted
- Travel expenses can be claimed, and a form must be filled out for the Volunteer Mentor to be reimbursed

Positive Futures

We're Positive Futures and we support people with a learning disability, acquired brain injury or autistic spectrum condition. Our innovative community-based services support adults in the Cookstown and Magherafelt areas. Our aim is to transform the future of the people we support. We do that by enabling people to realise their hopes, dreams and ambitions. We change attitudes by proving that a person doesn't have to be defined by a disability. And, we change society by showing that, with the right support; everyone can

play a valuable role in the community. You can help us to transform lives. The people we support want the same things as everyone else – involvement, respect and the opportunity to live life as fully as possible.

Our volunteers help them do that. Volunteering opportunities include supporting an individual in a social or leisure activity, sharing and enjoying their skills and interests. If you've got time and commitment we can use it. Some people volunteer weekly others fortnightly. We know volunteers are busy people and we work together to agree what suits everyone. What qualities do we look for in a volunteer? You need to be committed, friendly, responsible and have patience and understanding. As the role involves working with adults with a learning disability we do require volunteers to be over 18 years old. The main requirement is the desire to make a difference. All our volunteers receive induction training, support and guidance and the opportunity for personal development. Your safety and wellbeing are also important to us and we will do all we can to ensure that you enjoy what you do and are comfortable and confident in your role. You will: meet new people, have the opportunity to train and learn new skills, gain experience and develop your confidence, enhance your CV, discover hidden talents, share your skills and interests, make a big difference in someone's life, be valued and have your contribution recognised.

Praxis Care

Praxis Care is a registered charity founded in 1981 for individuals in our community who experience mental health problems. The Befriending Scheme matches local volunteers with people who are suffering from mental ill health, as identified by their local mental health team or GP. Praxis currently provides support to over 1500 service users in their own home.

Our Befriending volunteers help to reduce the social isolation people can experience due to their mental ill health and associated stigma. They engage in social activities e.g. going to the cinema, shopping, using local leisure facilities, fishing etc....thus providing friendship and a social outlet.

Volunteers make a difference, add value and enhance the ongoing work of Praxis Care every day of the week.

RNIB

RNIB wants to make every day to be better for everyone with sight loss. We do this through our four priorities: being there, supporting independence, inclusion and prevention of sight loss.

We would have different volunteering roles:

- Sighted guide scheme with shop mobility
- Volunteer tandem pilots
- People to help with fundraising events

RNLI

The RNLI is the charity that saves life at sea. We provide, on call, a 24-hour lifeboat search and rescue service around the UK and Ireland, and a seasonal lifeguard service. With our lifeboats, lifeguards, safety advice and flood rescue, we are committed to saving lives. RNLI lifeboats in Northern Ireland launched 255 times in 2013 bringing 245 people to safety.

Within Northern Ireland there are 9 lifeboat stations based in Bangor, Donaghadee, Portaferry, Larne, Newcastle, Kilkeel, Red Bay, Portrush and Enniskillen.

The stations are served by over 200 volunteer crew members who come from all walks of life ranging from a milkman in Newcastle, to teachers in Enniskillen, to local business people in Larne. Our rescues can happen at any minute of the day on any part of our coastline, the crew make themselves available to assist, leaving their own lives behind to reach the people in distress.

In addition we have many fundraising volunteers across the province with a local fundraising branch in Bellaghy. The branch take part in arrange of fundraising activities across the year including

- Coffee Mornings
- Street Collections
- Bag Packs
- Flag days.

The branch would welcome new volunteers to join their fundraising efforts and to bring exciting new ideas for the local community to get involved with. We welcome new members from 18 years+ and we can accommodate volunteers with support needs.

Rural Support

Volunteer: Be the Change!

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. (Minimum age limit is 18. Rural Support operates an equal opportunities policy in relation to the recruitment of volunteers).

Samaritans

The Samaritans are available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

You can make an amazing difference at Samaritans. Our volunteers are changing lives every day, and developing valuable skills and friendships along the way.

We're behind you all the way with the training and support you need for the volunteer role you take on. Your training will show you how to give your whole attention to each person you're supporting, and empathise with their feelings without being overwhelmed yourself. Volunteers need to be 18 years.

Benefits of becoming a Samaritans volunteer

1. Change peoples' lives
2. Contribute and share existing skills
3. Develop new listening and communication skills you can use in all aspects of your life
4. Meet new people from all different kinds of backgrounds and cultures
5. Improve your CV
6. Give something back to your local community

SELB Cookstown Youth Resource Centre

SELB Youth service offers volunteering opportunities to young people aged 15+.

At present in the Cookstown area we have premises Cookstown Youth Resource Centre at Fountain Road and Burn Road areas of Cookstown. We are also working in rural areas of Cookstown district in Pomeroy, Rock, Stewartstown, Ardboe, and Ballinderry. Young people can avail of OCN qualification, group facilitation skills and develop their personal and social skills through the volunteer process.

Sperrins Gateway Landscape Partnership

The Sperrins Gateway Landscape Partnership Scheme is part of the UK wide Heritage Lottery Fund (HLF) initiative, the Landscape Partnership Scheme (LPS) grant programme. HLF supports schemes led by partnerships of local, regional and national interests which aim to conserve countryside that has a distinctive landscape character throughout the UK.

Each scheme is based round a portfolio of smaller projects, which together provide a varied package of benefits to an area, its communities and visitors. The projects were identified through public/community workshops and consultation exercises and will include; practical action for habitat restoration for native species and green spaces; improvements to access

and interpretation; highlighting the importance of townlands; and, linking heritage through community involvement, heritage education and training in heritage skills.

The Sperrins Gateway covers an area of the east Sperrins within both Cookstown and Magherafelt Council areas. It includes the Upper Moyola Valley and the Slieve Gallion character areas. A large part of the project area is within the Sperrins Area of Outstanding Natural Beauty (AONB) and has been designated as an Environmentally Sensitive Area (ESA). It is an area that has a high value in terms of landscape, wildlife habitats and a wide range of cultural heritage.

The Sperrins Gateway is an initiative of the Drapers' Towns Partnership Ltd.

List of volunteering opportunities available

- Photographer's for events and landscape
- Reminiscence Collector
- Event Assistant
- Workshop Assistant
- Habitat Restoration Volunteers

Minimum ages – 18

Times - dependent on the post and could include weekdays, evenings and weekends

Superstars

Join the team at Superstars – we need you! Through Superstars we aim to provide a club specifically for the benefit of people with learning difficulties. Activities include air hockey, pool, computer games, music, dance, arts & crafts, board games, specific workshops, special events, parties & outings. All this is aimed at helping these special people have an outlet to be more independent while in a safe environment for an evening out. We meet every Tuesday at Cookstown Leisure Centre for ten pin bowling from 7-8pm and every Thursday & Saturday evening from 7-9pm in Oldtown Street, Cookstown. Volunteers can attend weekly, fortnightly or monthly.

St Vincent de Paul

The St Vincent de Paul Society (SVP) is an international Christian voluntary organisation dedicated to tackling poverty and disadvantage by providing practical assistance to those in need – irrespective of ideology, faith, ethnicity, age or gender. Cookstown St Vincent de Paul is based in Loy Street.

The Charity Bank

Charity Bank is a regulated bank with a social purpose. It gives support and lends solely to charities and other social sector organisations to enrich and improve society with the benefit of deposits and savings from individuals and institutions. In Northern Ireland, we achieve this through the support of a community of savers and depositors that include many from the Credit Union movement here.

Since 2002 Charity Bank's innovative approach to lending has enabled it to make loan commitments of nearly £200 million to over 1,000 smaller charities and other social sector organisations in a wide range of sectors throughout the UK. We lend from £50,000 up to £2.5 million, using our savers' money to do this. Customers can see how their savings are making a difference in Northern Ireland by following some of the borrowers' stories on our website and in the annual portfolio, or by joining us at our open days

The Hub BT80

The Hub BT80 'Centred Around You' is an all inclusive community base providing the opportunity for members of the Cookstown area to come together to learn new skills, share resources and knowledge and create a better sense of belonging to the Cookstown area. It aims to create skills and resources to empower members to become more confident and self sufficient. We need volunteers that are part of the community to create and sustain the centre as a whole. We envisage the participation and ideas generated by volunteers will be vital in sustaining the centre. The Hub BT80 is situated on the Burn Road, Cookstown.

The Prince's Trust

Interested in charity volunteering, or volunteering with young people? The Prince's Trust could not achieve the results it does without the work and support of its volunteers. The Prince's Trust require volunteers across Northern Ireland to provide support to our young people and help them develop their key skills, build their confidence and motivate them into a positive outcome. Last year The Prince's Trust supported over 4,300 young people throughout Northern Ireland, with 79% of these young people progressing into employment, education or training. We could not achieve these results without the support of our volunteers. Here are some of the ways in which you can help:

Explore Enterprise Facilitator:

Our Enterprise course provides training and advice for young people who want to become self-employed. Volunteers use their own business experience and real-life examples to deliver the course content in an engaging way, explaining key business concepts, leading activities and facilitating discussions.

Inspirational Speaker:

Setting up your own business can be a very daunting experience. For young people on the Enterprise course, the opportunity to hear from a volunteer about their personal experiences of overcoming challenges in a creative and entrepreneurial way can be highly motivating.

Progression Mentoring:

For many of our young people the greatest challenge comes when they have completed a Prince's Trust programme and then have to decide on their next steps. Mentors support these young people for a few hours a week over a 6 month period to address a variety of issues and help them make plans towards achieving their goals.

Business Mentoring:

The role of a business mentor is to develop good working relationships with these young people over a period of time to help them develop their businesses whilst also building their confidence and skills. Mentors support young people for a few hours a week over a 12 month period to address the challenges, both business and personal, involved with starting a business.

The minimum age for volunteers is 18 and we can accommodate volunteers with support needs.

Tinylife

In TinyLife, our purpose is to help those babies who are most vulnerable, having been born prematurely or been affected by illness from Birth, and provide support for parents. We rely on our volunteers to give their time and skills to this work. We are constantly in need of more volunteers to help us support families.

Our family support volunteers go into a family at home for approx. 3 hours a week to provide practical and emotional support.

We run fundraising events and awareness days also and use our volunteers to help with this also. Our volunteers must be 22 years old and above.

TIPSA

TIPSA is funded by the Public Health Agency to provide alcohol and other drugs education and prevention services in Mid-Ulster. This is done through a wide range of initiatives, programmes, publicity events, information sessions and workshops. We also provide a walk-in information service throughout Mid-Ulster within communities and these are currently expanding. Therefore we would like to encourage individuals to volunteer to help us provide these walk-ins which normally last 1 hour.

We welcome individuals over the age of 16 who would be happy, following training, to man a walk-in held in their own community and provides information and resources to anyone who wishes to make use of them.

Victim Support NI

Victim Support NI provides help and support to people affected by crime in Northern Ireland. We have 2 volunteer roles:

In our Community Service, volunteers are trained to support people face to face after they have experienced crime. They offer emotional and practical support in the aftermath of a crime, assessing the needs of our clients and supporting them to meet these needs, as well as helping those who were injured through crime to apply for compensation.

In our Witness Service, volunteers are trained to support people who have to attend court as a prosecution witness. This support starts before the court case, where volunteers can

show witnesses around a court and explain court processes in advance of the trial. On the day of the trial, volunteers will support witnesses by keeping them informed of what is happening, liaising with court staff, Police etc on the witness' behalf and offering emotional support for witnesses who are distressed before or after giving evidence.

Our volunteer roles are both challenging and rewarding. You will be fully trained to carry out the role you apply for. You need to be a good listener, have good communication skills, be committed to giving up your time every week and be non-judgmental in your approach to all clients you support.

Our volunteer roles are available across Northern Ireland and we currently have a need for volunteers in Dungannon particularly.

Our requirements for volunteering are:

- Over 18
- Community Service - 4 hours per week commitment
- Witness Service - One full day (9-5) per week commitment
- Not been a victim of crime / been the injured party in a trial in the last 12 months

Police checks will be carried out on all successful applicants.

Travel and out of pocket expenses are paid for your volunteering activities with us.

Walking In Your Community

Walking in Your Community is an initiative that aims encourage people throughout Northern Ireland to get walking in their local area. Specifically aimed at Community group leaders and volunteers, the scheme offers free introductory walk leader training as well as additional support in order to deliver a successful walking programme for local communities in their local area. With particular focus on engaging people with a disability, from an ethnic minority background as well as those from disadvantaged communities, the programme is a brilliant way to engage members of the community while also offering improved physical and mental wellbeing to all involved. This programme is open leaders and volunteers aged 18+.

Young Enterprise

Young Enterprise NI is building a connected world of young people, business volunteers and educators, inspiring each other to succeed through enterprise.

In the 2013/14 academic year, together with our business volunteers, we inspired over 100,000 young people aged 4 to 25 years. We work with 80% of Post Primary and 15% of Primary schools throughout Northern Ireland. Our programmes empower the next generation with the confidence, ability and ambition to succeed in a rapidly changing global economy. Volunteering opportunities exist with both Primary and Post Primary schools in the local area. Volunteers will be over 18 and we can accommodate volunteers with support needs.



Acknowledgements

Cookstown and Magherafelt Volunteer Centre would like to thank you for attending our Volunteer Recruitment Fair. A BIG thank you to CYPSP, Cookstown District Council, Tesco Cookstown, Quinn's Supermarket, Cookstown Leisure Centre and Cherie's Cafe for supporting this event.

Contact your Local Volunteer Centre:

Cookstown Volunteer Centre
2b Coagh Crescent
Cookstown
BT80 8NH

028 8676 1122

info@cookstownmagherafeltvc.org
www.cookstownmagherafeltvc.org

New address

Magherafelt Volunteer Centre
20 Queen Street
Magherafelt
BT45 6AB

028 7930 1862



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