



Latest Volunteer Opportunities

January
2010

BRITISH RED CROSS (Belfast Wide)

- **Care in the Home Volunteers** - As a trained volunteer you will be able to assist our service users to recover from a health and social care crisis. Helping individuals within their home you can offer practical and emotional help. If you have a few hours per week to spare and enjoy meeting new people, you could make a real difference in helping individuals live independently in their own home. Practical tasks can include, shopping for essential items, delivery of GP letters, collection of prescriptions, light domestic duties, writing letters and providing transport.

CHILDLINE NI

- **Volunteer Counsellors** - Free at the weekend?
Spend your free weekends helping to change children's lives. Be a volunteer counsellor with ChildLine and advise and protect children in distress or danger, on the phone and online. No previous counselling experience is necessary and full training and support is given. To find out when the next Volunteer Information Meeting is being held in Belfast please ring **0870 336 2945** or email: hcardosi@nspcc.org.uk

THE CEDAR FOUNDATION

- **Fundraising Volunteers** - help raise awareness of the work of The Cedar Foundation in your local area and raise vital funds. Time commitment very flexible.

ACTION CANCER

- **Minibus Driver** - Action Cancer needs a pool of volunteer minibus drivers to bring groups of clients to and from a breast screening, Health Promotion and Complementary Therapy Clinic on Wednesday mornings. Groups come from a range of destinations to Action Cancer House in South Belfast. Clinics start at 10.00am and finish at 12.00pm.

THE LYRIC THEATRE

(South Belfast)

- **Theatre Usher** - Interested in theatre? Then come and join the team at Northern Ireland's only full time producing theatre. We need dedicated and reliable people to act as ushers during our residence at the Elmwood Hall, Belfast and to deliver a high standard of customer service to each of our customers.

INCLUDE YOUTH

(East Belfast)

- **Volunteer Mentors** - required to offer a social and recreational service to young people aged between 16-21 years old who are on the Give & Take Scheme. Talk to young people about their goals for the future; encourage the young person to enhance their personal and social development skills; help young people progress to training or employment or return to education.

QUAKER SERVICE

(East & South Belfast)

- **Retail Assistant / Sort Room Volunteers** - required to carry out various tasks in charity shops on the Lisburn Road and the Woodstock Road.

PLATFORM 2

- **Overseas Volunteers** - We send **18 - 25 year olds** to Peru, Ghana, Kenya, South Africa, India or Nepal for 10 weeks to volunteer in a wide range of projects (anything from teaching children English, to arts projects, to building a community centre!!!) ... oh yeah and they are FULLY FUNDED! **2010 departure dates:**
 - For departures in w/c 24 May – deadline of 25 January
 - For departures in w/c 2 August – deadline of 5 April
 - For departures in w/c 11 October – deadline of 14 June

ANDERSONSTOWN TRADITIONAL & CONTEMPORARY SCHOOL OF MUSIC

(Belfast)

- **Music Tutors** - Do you have a passion for music and would be interested in joining our team of volunteer tutors. If you think you have the skills to teach this is an excellent opportunity to gain experience with an established music school and to build your own skills. Classes take place throughout Belfast - 2 hrs/week

ST JOHN AMBULANCE

(Training held in East Belfast)

- **First Aid / Ambulance Crew** - Volunteers will be provided with all training starting at First Aid level up to Patient transport attendant and Emergency transport attendant crewing our ambulance fleet at many different events, transporting patients from hospital to hospital, etc. (Training held Tuesday evenings 8-10pm)

BELFAST CARERS CENTRE

(Central Belfast)

- **Admin Volunteer** - required to carry out general admin tasks
- **Befriending Volunteers** required to befriend carers. Times are flexible

RSPB

- **Events Organiser** - support an ambitious programme of events across Northern Ireland to raise awareness and build support for the RSPB. The events will be focused on raising awareness to increase support in NI, increasing membership, community fundraising, donations and encouraging people to take conservation action.

EAST BELFAST BEACON CENTRE

(East Belfast)

- **Volunteer Facilitators** - facilitate arts & crafts sessions and activities
- **Befriending Volunteers** - help with arts and crafts, outings, board games etc

www.VOLUNTEER now.co.uk

ROSARIO YOUTH CLUB

(South Belfast)

- **Youth Worker** - The club is open to everyone (5-25) of all cultures, week nights and Saturday mornings. Volunteers required to help organise and assist with activities during each session. 2hrs/week

ORCHARDVILLE SOCIETY

- **Social Club Assistant** (East Belfast) - Volunteers needed to help run the Adventures Club (social and leisure group for adults with a learning disability) 3hrs/week
- **Befriending Volunteers** (Belfast based) - Volunteers needed to offer one to one support to adults with a learning disability. 2hrs/week

VSB

- **Practical Service Volunteers** - Join VSB's team of Practical Service Volunteers and help provide a decorating service in the winter for elderly and disabled people, and environmental projects for other charities in the summer



We Volunteer Join Us !

For further information on these and many other opportunities, or for a large print version of this sheet, please contact VSB or visit our website.

(028) 9020 0850 info@vsb.org.uk

www.vsb.org.uk www.youngcitizens.org.uk www.volunteernow.co.uk

Or call into our office at 34 Shaftesbury Square, Belfast BT2 7DB

Office hours: 9am-5pm Mon-Thurs and 9-4pm Friday

