



Latest Volunteer Opportunities

March
2010

MUD MADNESS ! (Portadown)

- **Race Marshal / Obstacle Helper** - Mud Madness is the ultimate muddy challenge for teams and individuals who run through fields, bogs and ponds, under a cargo net and over a climbing wall and takes place in Portadown on **Sunday 28 March 2010**. Volunteers are required to assist with general event duties (direct traffic flow, assist competitors through/out of tougher obstacles, motivate and encourage participants, etc)
For more information visit their website: www.mud-madness.com or email info@mud-madness.com

BALLYNAFEIGH COMMUNITY DEVELOPMENT ASSOC (South Belfast)

- **Summer Scheme Volunteers** - BCDA runs a 3 week summer programme open to children and young people aged 4 – 14 years old within the Ballynafeigh area. It allows children to take part in a wide range of activities, eg sports, music, dance, drama and arts and craft sessions. Trips are also provided throughout the whole summer scheme and the Summer scheme finishes with a big day out to Newcastle. BCDA recruit between 20 and 30 volunteers each year and the team of volunteers are guaranteed to have as much fun as the children do.....

STUDIO NI

- **Events Volunteers** - Studio NI will be hosting a series of Arts and Culture events in the Belfast area during 2010.

FOOD FOR THOUGHT AFRICA

- **Picture Framing Volunteer** - require volunteers to work in the picture framing department of its African Art Gallery on the Lisburn Road. All profits from the gallery go to support FFTA's education projects in Kenya and Rwanda. If you can spare 4 hours per week and are a dab hand at DIY why not put your practical skills to good use and help make a difference to the lives of children living in extreme poverty in Africa. (Framing experience is not necessary)

CASTLEREAGH BOROUGH COUNCIL

(Various Venues throughout East Belfast)

- **Summer Scheme Volunteers:** this is an opportunity to support staff at the summer scheme in planning and delivering a range of activities, trips and projects for the children, who will be between the ages of 5 and 11 years old. This role offers volunteers the opportunity to build up their skills and knowledge in planning and delivering activities, trip and outing management and administration skills. (Most schemes run from 26 July - 13 Aug)

CANCER RESEARCH UK

- **Race for Life Volunteers:** The Race for Life event in Belfast takes place at the Sports Pavilion within the Stormont Estate on **Sunday 30th May at 11am**. Roles on the day include marshalling the route, assisting with set up and break down and distributing medals/water at the end. Prior to event day itself, volunteers are required as 'local promoters' to distribute flyers and posters around local areas.

JIGSAW NI

- **Befriending Volunteers:** This volunteering opportunity is on a weekly basis (September – June) on Wednesday's from 11am – 2pm and is based in Divis CC with lunch following in Townsend Street Church. The role of the volunteer would be to assist the members of the group with equipment, walking, cutting up food, getting into taxi's etc. The keep fit group is made up of males and females, with a wide age range (30-65yrs old).

MACMILLAN CANCER CARE

- **Volunteer Photographer** - Do you have an eye for a great photo? Do you understand what the media wants from an image? If you do then have Macmillan Cancer Support wants to hear from you.

vsb
CHANGING LIVES
THROUGH VOLUNTEERING

DIABETES UK NORTHERN IRELAND

- **Information Volunteer:** help us to raise awareness about diabetes and Diabetes UK in your local community.
- **Involvement Network Volunteer:** The Diabetes UK Involvement Network is your opportunity to inform the work of Diabetes UK. The Network allows members to pick and choose what they would like to get involved in, depending on your interests. This is a great opportunity to contribute to our work.
- **Events Volunteer:** work with Diabetes UK staff to talk to members of the public and hand out information about diabetes. The events range from stands in local shopping centres to large events like county shows and melas. You choose which events you help out at, which makes this a really flexible way to volunteer

NI CANCER FUND FOR CHILDREN

- **Volunteer Drivers:** We have a large exhibition trailer, which can be towed by our mini-bus and often we find that our fundraisers would welcome the trailer in situ at events but they do not have the driving expertise or strength to get it safely in place at external venues. If you would be able and willing to deal with the transport of the trailer and set up on site and who are keen to assist us in our work through their own professional driving skills, we'd like to hear from you.

YOUNG CITIZENS IN ACTION

- **Website volunteer** - The Young Citizens in Action Website (www.youngcitizens.org.uk) provides information about volunteering, citizenship and youth issues. We require volunteers to help to update the "latest news" section of the Website. If you are interested in current issues affecting young people, have an interest in researching and writing articles and would like to see your work put on the Internet, this could be the opportunity for you! (You can volunteer from home, or at VSB offices - Shaftesbury Square Belfast)



HOMEPLUS

- **Organic Garden Volunteers** - Homeplus have recently acquired a small plot of land in a local organic community garden in which we intend to grow vegetables and herbs for our drop-in and outreach work, with the ultimate goal of becoming as self-sustainable as possible. Do you know how to grow vegetables and herbs organically and would be willing to show others, if so, please get in touch!
- **Day Care Centre Volunteers** (South Belfast)- help with general duties in the day to day running of the centre
- **Outreach Worker** (Belfast) - We need volunteers to drive around the city centre and providing homeless with food, blankets, sleeping bags etc.

PDSA (People's dispensary for Sick Animals)

- **Sponsored Walk & Fun Day Volunteers:** **Sunday 2nd May from 11am-4pm in Ormeau Park.** Volunteers are needed to help out with various events on the day. There will be lots going on including craft stalls, fun activities and music!

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

Marie Curie Cancer Care are having a collection day on **Saturday 27 March 2010**, 9am -1pm at The Abbey Centre Newtownabbey and need volunteers. Contact Peter Boyd: 07823 446 798

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

