

Make room in your life for volunteering!



volunteering

Our Volunteers – their stories

Angela is 26 years old and has been volunteering for eight years through her local church in Bangor. She runs a weekly drop-in centre in Bangor for young people to build relationships and engage them in physical activity, community initiatives and charity work. The work is challenging but they are occupied in a safe environment and they benefit from being around positive role models. "Sometimes I really have to kick myself out of the house to stay committed to it, but once I get there and see that there is so much potential with these young people it makes it all seem worthwhile."

In 1999 Emma joined VSB's Young Citizens in Action Programme. Through this initiative she has travelled many times to Romania. More recently she has been involved in setting up a project called Impact which is for young people in Romania who are ready to leave care and who would normally be turned out onto the street. "Romania is such a big part of my life, everytime I go I leave a bigger part of my heart behind. It's very challenging work, but very rewarding. I would definitely recommend international volunteering as everyone has some talent that can be used to help others."

Enid, a 65 year old, is a volunteer driver with North Down & Ards Volunteer Centre. She got involved with the Bureau about 20 years ago through a friend. She felt she had too much spare time on her hands and her friend suggested she call in and have a chat about local volunteering opportunities in the area. She currently drives two ladies every Monday to a Chest Heart & Stroke group and another lady to Bayview Resource Centre. Enid's role as a driver means a lot to her "I enjoy meeting lots of different people and being a volunteer driver gives me something to occupy my time with. It gives me a reason to get up in the mornings."

Janette began volunteering while still at school by helping out at her local Clifton Road Gateway Club. When she finished her education she spent a year with Voluntary Service Bureau as a Long Term Volunteer (LTV). On commencing full-time employment she looked for something she could do on a part-time basis and 25 years later is still actively involved as a volunteer with Samaritans as well as helping out at Bangor Drama Club. She retains her links with VSB, serving on the Management Committee and Chairing the Volunteer Centre in North Down and Ards. Janette admits "It can be difficult at times to juggle my commitments with a full time job but I've found volunteering such a rewarding experience that it's well worth the effort."

Can you make room in yo



use your



make a



"If you think you're too small to have an impact, try going to sleep with a mosquito!"
Anita Roddick



our life for volunteering?

learn new skills

experience

difference

develop friendships

have fun!



v36

We need women's skills

Without doubt, the vast majority of us can and should become involved in some form of voluntary work. The opportunities are wide and the choices are many. Any particular volunteer role may bring different benefits to different women, depending on their own life experiences and their needs at the time.

Volunteering is different, because it makes a difference to the quality of people's lives and it can be whatever the volunteer wants to make of it. Volunteering also enriches our community by enhancing the causes we support.

To those not already involved, I say 'Step forward, become a volunteer and be enriched.'

Lady Hermon

Member of Parliament for North Down

Volunteering touches different people in different ways but for women who in general outnumber men in the volunteering stakes, there are a number of benefits. Volunteering offers a flexibility and freedom rarely found in paid employment. It can ease social isolation, instil confidence, use and improve skills and provide a creative outlet.



What time commitment is involved?

- An hour, a day, a week.....you choose



Do I need experience?

- NoEveryone has something to offer



Opportunities include:

Administration/IT

Driving

Mentoring

Disabilities

Arts and Crafts

Conservation

Befriending

Fundraising

Children and Youth Work

Older people

Charity Shops

Marketing/PR

Where can I find out more?



Contact:

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