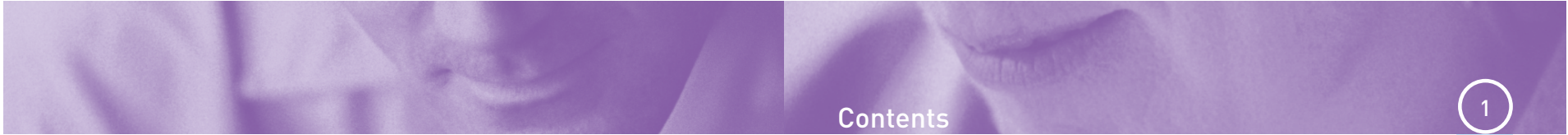
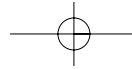


North Down & Ards Volunteer Centre
DIRECTORY of Volunteer Opportunities
Harbour Ward, Bangor



VSB



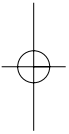
Contents

1

This booklet has been funded by the Department for Social Development Community Fund, through North Down Local Strategy Partnership.

The aim of this directory is to promote volunteer opportunities and the benefits of volunteering within the Harbour Ward in Bangor. North Down & Ards Volunteer Centre have worked in partnership with local organisations to put this information together on specific voluntary roles within these organisations and how people, can contribute to the needs of the Ward.

The Harbour Ward is in a central location within Bangor, there are a great number of voluntary and community organisations working within this Ward and this booklet contains many of the voluntary opportunities available.



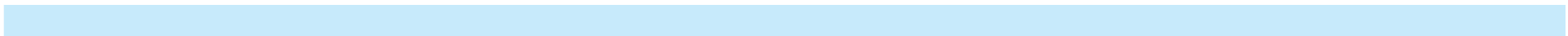
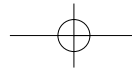
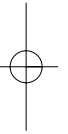
North Down & Ards Volunteer Centre2

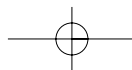
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volunteer vacancies in this area...





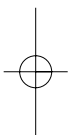
North Down & Ards Volunteer Centre

2

North Down & Ards Volunteer Centre has been in operation for almost 4 years and has opened a full time office in Bangor town centre in April 2005. We act as a bridge to those who wish to become actively involved in the community and support partner agencies who wish to avail of the support of volunteers. Our work includes:

- Recruit, support and train volunteers
- Initiate, develop and support volunteering opportunities
- Provides support and best practice advice to local voluntary and community groups

North Down and Ards Volunteer Centre also manages a Voluntary Transport Service for the Ulster Community and Hospitals Trust. The service provided enables Trust clients to attend school, hospital and out patient appointments and family contacts through the co-ordination of a team of voluntary drivers.



Make room in your life...

3

Volunteering is the heart of VSB; there are unlimited volunteering opportunities, so anyone and everyone can volunteer. You don't need specific skills, qualifications or money – you just need to give a little bit of time. Volunteering is a great way to show your concern, to do something different, develop skills, access training, to learn about your local community, your town or indeed the world in which we live.

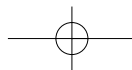
Volunteering is enjoyable and fun, offering opportunities to meet others. Go on, we dare you, make room in your life for Volunteering!

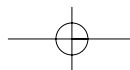
How much time have you got?

- In one hour you could visit someone in hospital
- In two hours you could mentor a young person
- In a day you could enhance the environment
- In a weekend you could help on a residential with disadvantaged children
- In three months you could get involved in a cross community project
- In a year you could transform the world!

Where?

There are 15 Volunteer Centres throughout Northern Ireland. To find your local volunteer centre telephone Freephone: 0800 052 2212





Points of Guidance

4

5

The role of volunteers

The role should be negotiated between the volunteer and the placement provider with tasks carefully thought out and defined

Confidentiality

The volunteers right to confidentiality is essential and in turn the volunteer should respect the confidentiality of the client and the organisation in which they volunteer

Equality of access

Every individual who wishes to volunteer has equal access to the wide range of volunteering opportunities. The placement provider should aim to reduce financial barriers to volunteering by ensuring that volunteers receive reasonable out of pocket expenses.

Insurance

The placement provider should ensure that volunteers are fully indemnified against risks associated with their voluntary work.

Support

The placement provider should encourage and empower volunteers to make a meaningful and valuable contribution and gain significant benefit from their voluntary work.

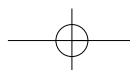
Complaints

The placement provider should respond to complaints through the agreed procedures

Supervision

The volunteer should know to whom they are responsible and that they have regular access to that person.

This Directory is a guide to some of the many voluntary opportunities available throughout North Down & Ards . For information on the many other opportunities available, please contact the Volunteer Centre on 91270486, email lorraine@vsb.org.uk, or call in to our office at 91 High Street, Bangor.



Opportunities within Harbour Ward, Bangor

6

You may contact these organisations directly, or contact the Volunteer Centre to register and find out more about volunteering.

North Down & Ards Volunteer Centre

91 High Street
Bangor
BT20 5BD
Tel: 9127 0486

- Volunteer Drivers needed to help deliver a transport service for Ulster Community and Hospital Trust clients

Age Concern North Down,

24 Hamilton Road,
Bangor
BT20 4LE
Tel: 9127 1968

- Volunteers to man good morning call service
- Volunteers to assist in coffee lounge, dining area and kitchen
- Volunteer tutors for computer classes
- Volunteers to assist at the Wednesday club

Shopmobility,

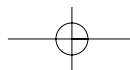
55 – 59 The Arcade,
High Street,
Bangor
BT20 5BE
Tel: 9145 6586

- Require Volunteer Drivers
- Shopping Buddies
- Volunteers to man Shopmobility stands in Bloomfield shopping centre and Bangor bus station
- Street collectors for April, May and August

Age Concern Shop,

14 Central Avenue
Bangor
BT20 4PT
Tel: 9127 2527

- Volunteers required to sort and price stock and for general housekeeping duties



Simon Community Shop

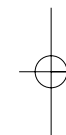
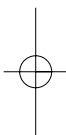
2b Dufferin Avenue
Bangor
BT20 3AA
Tel: 90232882

- Volunteers needed for sorting and pricing of clothes and bric a brac, steaming and using till, general housekeeping duties
- For street collections in December

Womens Aid

18 Bingham Street
Bangor
BT20 5DW
Tel: 9127 3196

- Support Volunteers
- Administration
- Playworkers
- Management committee



Oxfam

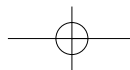
36 – 38 Main Street
Bangor
BT20 5AG
Tel: 9145 8726

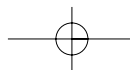
- Volunteers needed for sorting and pricing of Stock – either clothes or bric a brac, using till
- For street collections

Action Cancer

6 – 8 Market Street
Bangor
BT20 4SP
Tel: 9080 3351

- Volunteers for Bangor Furniture Store to sort and price stock, use till and man information stand to answer any customer queries.
- Volunteers for Listening Ear service – to provide emotional and practical support to people who have been affected by cancer





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Samaritans

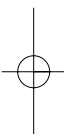
92 Dufferin Avenue
Bangor
BT20 3AD
Tel: 9146 4646

- Listening volunteers (on phone, face to face, email),
- Fundraising volunteers

British Heart Foundation

51 Main Street
Bangor
BT20 54F
Tel: 9127 5387

- House to House Organisers,
- House to House Collectors



Bangor Citizens Advice Bureau

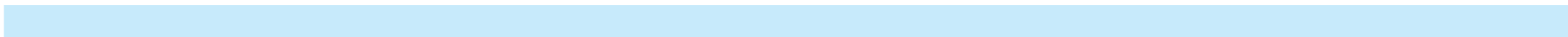
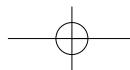
1A Springfield Avenue
Bangor
BT20 5BY
Tel: 9127 0009

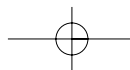
- Volunteer Advisors
- Administrators

Fountain Centre

2 Queens Parade
Bangor
BT20 3BT
Tel: 9127 1332

- Telephone & Administration Volunteers
- Listening Volunteers
- Assisting & Delivering Programmes
- Youth Club Activities





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13

Support - Awareness Drugs Initiative

70A Beatrice Road
Bangor
BT20 5DL
Tel: 9147 7975

- Listening Volunteers
- Administration
- Committee Work

Ulster Cancer Foundation Shop

2 - 4 Market Street
Bangor
BT20 4SP
Tel: 91479550

- Volunteers required to sort and price stock, general housekeeping duties

Other organisations who may have volunteer vacancies in this area...

RNLI

www.rlni.org.uk

North Down YMCA

www.northdownymca.org

Red Cross

www.redcross.org.uk

Bangor & Holywood Town Centres Management

www.bangorhollywoodtcm.co.uk

Young Citizens in Action

www.youngcitizens.org.uk

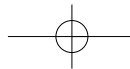
Ulster Community & Hospitals Trust

www.ucht.n-i.nhs.uk

NI Hospice Shop

32- 34 Main Street
Bangor
BT20 5AG
Tel: 9146 3255

- Volunteers required to sort and price stock, arrange displays, operate the till, basic accounts and customer care



North Down & Ards Volunteer Centre
91 High Street
Bangor
BT20 5BD

T: 028 91270486 E: lorraine@vsb.org.uk W: www.vsb.org.uk

