



Armagh & Dungannon

Use what you have
To do what you can!

Spring 2018

V O L U N T E E R

all that's missing is U!

Armagh

Men's Shed Armagh

A place to come together with other men with whom you can relate and exchange ideas and learn from. Share skills, pursue hobbies and socialise in a welcoming relaxed environment. bit.ly/2CqUazP



H.A.N.D Helping Autism in Newry District

H.A.N.D Helping Autism in Newry District works with families, individuals and the wider community to promote inclusion for people living with Autism.

- Fundraising volunteers needed in Armagh/Newry community. bit.ly/2IT7Wot
- Help plan and carry out weekly activities programmes for children and young people which has a positive impact on them and their families. bit.ly/2CoxHmM



Run For Autism

H.A.N.D - Helping Autism in the Newry District

Armagh Rural Transport

Have your own car? Help provide door to door transport for members who have difficulties using public or other forms of transport into town, health appointments, social activities, etc. Mileage costs paid. bit.ly/2E4YJQD



RDA Riding for the Disabled (Armagh)

Are you free for a couple of hours on Wednesdays or Thursdays during school term time? RDA have lots of volunteer roles available - if you don't fancy going near a horse you can help with administration, fund raising, tea and cake making as well as helping out at events.

bit.ly/2E5zo9o



More than Words

Have a real and positive impact on families in the Armagh area by supporting and assisting children & young people with Autism with activities within a club setting & occasional social trips out. bit.ly/2IU7KEH



Armagh & District Talking Newspaper

Read cuttings from Armagh Observer and Ulster Gazette. You read once every 6 weeks and recordings are usually on a Thursday evening.

bit.ly/2CBOLxN



Fit4U Project (Orchard Leisure Centre Armagh & Dungannon Leisure Centre)

The FIT 4 U project aims to empower people with physical and/or sensory disabilities to improve their health and wellbeing through participation in a range of physical activities and leisure opportunities, which promote independence and citizenship.

To volunteer with this project contact Eamon at Volunteer Now on 0785 0851 821 or Eamon.Murphy@volunteernow.co.uk



Dungannon

National Trust - Springhill House

Volunteer in this pretty 17th-century 'Plantation' home with a significant costume collection! Springhill has lots of opportunities for volunteering, including:

- Bookshop Assistant: bit.ly/2Ap3i6b
- Nursery Propagator: bit.ly/2qiqsv2
- Volunteer Ranger: bit.ly/2IT5Yns
- Volunteer Gardener: bit.ly/2AnluMd



Springhill
Get involved

Parkanaur House

Do you have basic skills in painting, gardening or light maintenance? Parkanaur House are looking for a Volunteer Handyman: bit.ly/2IRQ9x8

Parkanaur College

Southern Area Hospice (Dungannon)

- Admin Volunteer needed for the Resources Centre in Irish Street Dungannon - receiving visitors, answering phones and making refreshments. bit.ly/2qqobcW
- Volunteer Drivers also required - collect patients from their home, take them to day care and return home in the afternoon. Hospice car supplied. The day care takes place in the South Tyrone Hospital on Tuesdays and Wednesdays. bit.ly/2IVIDkK



Southern Area
Hospice Services

Institute of Irish Leadership (Pomeroy)

The Institute of Irish Leadership provides computer classes, cultural events, Irish language classes, talks, health programmes, farm programmes etc for the community. Volunteer opportunities include:

- Admin Volunteer: bit.ly/2ES5giZ
- Volunteer Caretaker: bit.ly/2EVK4Za
- Tea Room Volunteer: bit.ly/2AoYRYW



INSTITUTE
OF IRISH
LEADERSHIP

Alzheimer's Society Armagh & Dungannon

Volunteer Befrienders needed to visit clients in their home for short time (1-2hrs) once per week. As many of Alzheimer's Society's clients live alone or in rural isolated areas, spending time and chatting with someone can mean the world to them. bit.ly/2FjvTxj

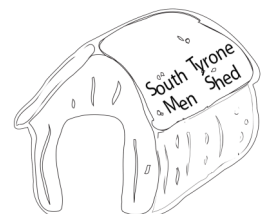
Leading the fight
against dementia

Alzheimer's
Society

South Tyrone Men's Shed

South Tyrone Men's Shed are ALWAYS ready to welcome and encourage new members.

They make and repair small items of furniture, toys, craft items and work on community projects. They are also involved in gardening, planting and growing at their shed and other venues. bit.ly/2w11Eta



Volunteer Information Days

Volunteering can give you the opportunity to try something new, gain experience, develop new skills, use current skills, improve career prospects, build confidence and meet new people. Have you any questions on Volunteer roles, volunteering and your benefits, etc? Maybe you need a hand to look for suitable opportunities?

Come along to one of our Volunteer Information Days!

ARMAGH

The Mall Shopping Centre (10am-2pm)

- Thursday 25TH January
- Thursday 1ST March
- Thursday 26TH April

DUNGANNON

Dungannon Library, Market Square (10am-2pm)

- Thursday 1ST February
- Thursday 15TH March
- Thursday 19TH April



Do you have access to the internet?

Use the 'Volunteer Search' panel on our homepage www.volunteernow.co.uk to look for more opportunities ...

Select your activity, enter your postcode and click 'search'. To apply, click 'register now' in the opportunity description and the organisation will come back to you with more information.

Opportunities are also posted daily on our social media - follow [VolunteerNow](#) on Facebook and [@VolunteerNow1](#) on Twitter

For more information about volunteering in the Dungannon / Armagh areas contact our Outreach Officer, Eamon Murphy:

Tel: 0785 0851 821

Email: Eamon.Murphy@volunteernow.co.uk

Address: Volunteer Now, Ballybot House, 28 Cornmarket, Newry BT35 8B

www.volunteernow.co.uk

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