

Here are a few volunteering opportunities currently available in the Lisburn & Castlereagh area. For a full selection of opportunities, have a look at the Opportunity Search on [volunteernow.co.uk](http://volunteernow.co.uk). If you need any assistance finding or registering for an opportunity, let us know and we can help!

### Bowel Cancer Awareness Talk Volunteers – Bowel Cancer UK (NI Wide)



This role is part of our wider awareness programme and is crucial to meet our strategy aims of increasing awareness and understanding of bowel cancer across the UK. This flexible opportunity enables you as a volunteer to represent Bowel Cancer UK both nationally and at a local level, by delivering PowerPoint presentations. We have a number of different roles within our awareness program, supporting our roadshow, awareness talks and information stands. For more info: <https://tinyurl.com/4xk53tpy>



### Volunteer Befriender - Home Visits – Safe and Well SEHSCT (Lisburn)

Complement the delivery of services within the South Eastern Trust and enhance patient / client care. The role offers an opportunity to build friendships with older people, help them improve their quality of life, a chance to contribute invaluable to their local community and increase their own circle of friends. For more info: <https://tinyurl.com/2v2cd7ud>



### Virtual Buddy - SENSE (NI Wide)

Sense Virtual Buddying volunteers make a real difference to supporting young people and adults who may be lonely or isolated. Sense matches volunteers with disabled people to meet for an hour a week on Zoom, over phone, by email, text or letter writing. You and your buddy choose a time that suits you, and you can decide what activities you'd like to do together. For more info: <https://tinyurl.com/mpfyc9tn>



### Food Ambassador – Food Foundation (NI Wide)

The Food Foundation works with a diverse group of food activists from across the UK, campaigning both in their own communities and on a national level for the right of all people to be able to access healthy and affordable food. The Food Ambassador volunteer programme is open to all people with lived experience of food insecurity aged 14 years and up. For more info: <https://tinyurl.com/4yv4b5a4>



### Parent to Parent Emotional Support Helpline Volunteers – National Autistic Society (Anywhere)

We are looking for volunteers for our Parent to Parent emotional support helpline. The helpline is a UK-wide confidential telephone service which provides emotional support to parents and carers of autistic children (which includes grown up children). For more info:  
**Data Entry Volunteer:** <https://tinyurl.com/mw59x9ss>  
**Helpline Volunteer:** <https://tinyurl.com/4zww4zxi> (Requirement of this role is that you are the parent or primary carer of an autistic child including adult children)

For more information about volunteering in the Lisburn & Castlereagh areas contact our Volunteering Support Officers:

- **David Moore:** david.moore@volunteernow.co.uk / 07850 851823
- Or contact our Head Office: 028 9023 2020 / info@volunteernow.co.uk

