



## Volunteer newsletter



Summer 2024

### **Welcome to our newsletter for volunteers throughout Northern Ireland.**

Volunteering is not only essential to keeping the fabric of our communities and causes strong it is also good for your mental health and emotional wellbeing. It's important that when you look for that ideal opportunity you also think about how it can support and sustain you as an individual. Does it meet your own personal wellbeing goals as well as those values of making a real difference to what you are passionate about? The summer is a brilliant opportunity for doing one off events and Volunteer Now have Lap the Lough and the Antrim Coast Half Marathon which are both ideal for dipping your toe into. Make sure you join groups on Be Collective that you have a potential interest in and you will see their opportunities pop up onto your dashboard. If you are not volunteering already hopefully something will grab your interest soon!

There are lots of opportunities, ideas and information below and please feel free to get in touch.

## **Share your volunteering story!**

Would you share your volunteering journey so we can inspire others to get involved? How does volunteering make you feel? What's the most rewarding impact from your volunteering? What inspired you to become a volunteer? We would welcome stories from any volunteer, but are especially looking for...



Positive Age Month is in October and we would love to share your volunteering story to help celebrate the positive aspects of aging and the significant roles individuals aged 50+ play in our communities and families



Trustees Week is in November and we'd love to hear from you if you're involved in governance roles within your organisation to share your experiences.



Are you passionate about making connections and spreading kindness?

We're looking to spotlight the work of dedicated volunteer befrienders during Befriending Week this November! Whether you're a long-time volunteer or new to befriending, we want to hear from you!

Let us know if you would like to get involved!

Contact Kate, our Digital Media Assistant: [kate.jackson@volunteernow.co.uk](mailto:kate.jackson@volunteernow.co.uk)

## Volunteering Opportunities at Events



Volunteer at some of the great events taking place across Northern Ireland! There are lots of large and small events and festivals that just couldn't take place without the support of volunteers. Have a look at our [Events Calendar](#) to see what's coming up. Most of these are one-off events - bring a friend and enjoy the craic! And if there's nothing there you fancy at the minute, check back in a week or two as this calendar is always being added to!

Forthcoming events in the calendar include...

- [Lap the Lough](#) - this annual cycle event takes place around Lough Neagh and help is needed in Antrim, Ballyronan or Moy
- [Antrim Coast Half Marathon](#) - an elite running event taking place along the beautiful Antrim Coast Road
- [European Heritage Open Days](#) - an ideal opportunity for heritage lovers
- [Recovery Walk Derry/Londonderry](#) - join Inspire at the annual Addiction Recovery Walk, a heartfelt journey of hope and healing
- [Newry Pride](#) - Your chance to get involved at this fun, friendly, colourful event!

## Volunteer Spotlight: Karolyn Gaston

We were delighted to hear that Karolyn is continuing her Olympic adventures and off to volunteer in Paris!! Karolyn started volunteering many moons ago with the Volunteer



Now Events Team - read her story at [www.bbc.co.uk/news/articles/cw9y215ve11o](http://www.bbc.co.uk/news/articles/cw9y215ve11o)

If you fancy getting involved with our Events Team as well, give us a shout... you never know where in the world it will lead you!!

Contact [events@volunteernow.co.uk](mailto:events@volunteernow.co.uk), call 028 9023 2020 or register online at [www.volunteernow.co.uk/volunteering/event-volunteering/](http://www.volunteernow.co.uk/volunteering/event-volunteering/)

## Become a Bouncer!

Volunteering at Bounce Festival in October is a great way to meet new people, and learn or develop your skills. University of Atypical for Arts and Disability have lots of really exciting events led by disabled artists, in all kinds of artforms. Volunteers help make sure audiences have a good time at the festival, and they make sure volunteers have a good time too!



**View their volunteering opportunity: [Bounce Festival Volunteers](#)**

If you'd like to find out more about Bounce 2024, you can also drop in to their coffee morning:

Wednesday 7 August, 11:00am to 1:00pm at Ledger Studio (109-113 Royal Avenue, Belfast BT1 1FF)

For any further information contact [volunteer@universityofatypical.org](mailto:volunteer@universityofatypical.org) or for access requests contact [access@universityofatypical.org](mailto:access@universityofatypical.org)

## Volunteer Management training

Many people get involved in managing volunteers through their own experiences as a volunteer but may never have received training. We have a range of training available on our website that includes areas such as safeguarding and recruiting & retaining volunteers. All our courses will give you a better understanding of how to support and manage volunteers effectively.

[www.volunteernow.co.uk/training/](http://www.volunteernow.co.uk/training/)

ILM Level 3 Management of Volunteers takes place in October over 3 online half-day sessions and is co-delivered by Volunteer Now and NICVA. This course will help you earn recognition for your already good practice and provide an opportunity to review and improve volunteering policy, practice & management within your

organization. Find out more and register [here](#).

## Featured volunteering opportunities

*To apply for any opportunities on our website, click 'apply now' and enter your details on the Be Collective platform. Your details are then sent directly to the organisation advertising the opportunity and they will come back to you with more information.*

**True Harvest Seeds** - [General Maintenance volunteer](#)

**Compassion Group Network** - [Restore Volunteer Ballymena](#)

**British Red Cross** - [Mobility Aids Service](#)

**Horn of Africa People's Aid NI (HAPANI)** - [Homework Club](#)

[Assistant](#), [Volunteer Co-ordinator](#), [ESOL Qualified English Language Volunteer Tutor](#) or [Essential Skills Qualified Volunteer Tutor](#)

**Fresh Minds Education** - [Funding Researcher](#) or [Fundraising Event Organiser](#)

**Head Injury Support** - [Outreach Support Volunteer](#)

**Make-A-Wish Ireland** - [Irish Open Golf volunteers](#)

**Bowel Cancer UK** - [Awareness Volunteers](#)

**National Museums NI** - [Making Festival Event Support Volunteers](#)

**Rowallane Community Hub** - [Social Media Volunteer](#)

**Find a full selection of volunteering opportunities** by using the [Opportunity Search](#) on our website

**Need some inspiration?** Have a look at some of the [latest volunteering opportunities](#) in your area.

**Need any help finding opportunities?** Email [info@volunteernow.co.uk](mailto:info@volunteernow.co.uk) - just let us know where you live and we can send you a few opportunity suggestions



**Bereavement Comfort Call Volunteer**

Could you make a difference as a bereavement comfort call volunteer?

The Northern Health and Social Care Trust is now looking for empathic individuals with good listening skills to make timely calls to the next of kin of those who die in hospital.

For an application pack please email [volunteer.service@northerntrust.hscni.net](mailto:volunteer.service@northerntrust.hscni.net)

The closing date is August 15 2024 at 12 noon.

## Join the #iwill movement today!

#iwill is a youth led movement that empowers, supports and amplifies youth social action across the whole of the United Kingdom including Northern Ireland. Volunteer Now have been the delivery partners of the #iwill movement in Northern Ireland for last decade, directly supporting ambassadors and champions alike.



If you are aged between 10 and 25 years old and are passionate about making a positive difference in your community and society as a whole, you can register today as an #iwill champion. Whether you fundraise for a cause you are passionate about, collect items for a food bank, lobby for change at a local, regional or national level, **YOUR SOCIAL ACTION MATTERS.**

By joining the #iwill movement you will be part of a group of young people that aim to amplify the importance of youth voices. As an #iwill champion you will have access to resources, training and unique opportunities that will aid you in your social action journey.

You can sign up as a Champion here: [www.iwill.org.uk/join-iwill/become-an-iwill-champion/](http://www.iwill.org.uk/join-iwill/become-an-iwill-champion/) or contact Matthew, our Volunteering Participation Officer, at [matthew.williams@volunteernow.co.uk](mailto:matthew.williams@volunteernow.co.uk)

## Recognising your volunteering

We know Volunteers' Week is over, but did you know that you can get ongoing recognition through the Be Collective platform?



Ask your organisation to approve your role and hours and you will see the time that you give mounting up on your dashboard and also on your Social CV. For the organisation the time you give also goes into their reporting so it's a win

win!

## Step by Step Guides

We have put together a quick guide to using your volunteering account on Be Collective and how to search for volunteering opportunities. You'll find it on our website at

[www.volunteernow.co.uk/volunteering/inspire-me/](http://www.volunteernow.co.uk/volunteering/inspire-me/)



If you are aged **under 16**, there is a slightly different application process due to child protection issues and you can find the guide for younger volunteers

at <https://www.volunteernow.co.uk/volunteering/youth-volunteering/young-volunteers/>

If you need any help searching for opportunities or with using your Be Collective account, please let us know - contact [info@volunteernow.co.uk](mailto:info@volunteernow.co.uk) or phone 028 9023 2020

And don't forget, if you are under 25 years, the Volunteer Now Impact Awards can recognise you for your commitment. Simply join the [Volunteer Now Impact Awards group](#) once you've signed up on Be Collective and remember to tick the box to share your hours.



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## Get social with us!

We love it when you interact with us on [Facebook](#), [Twitter](#) and [Instagram](#) and share opportunities and news with your friends and family! (If you haven't visited us for a while, please do pop over and see what's new!!)

Feel free to share this newsletter too!

*\*\*all links to volunteering opportunities are current at time of publication\*\**

[www.volunteernow.co.uk](http://www.volunteernow.co.uk)



**VOLUNTEERING >>> Give it a Go!**

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