

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

Wellness Session Volunteer — Chest, Heart & Stroke— (Downpatrick)



NICHs care services offer those affected by chest heart & stroke conditions to take part in a programme of activities and socialise with those who have been through a similar experience. Under the supervision of a co-ordinator, volunteers assist those attending the session to participate in the activities arranged. Volunteers must have the ability to take direction and carry out instructions. Good communication and people skills. They must be willing to work as part of a team. Full support & induction is provided by the Care Services Co-ordinator (help and advice, training queries, protocol, any problems encountered, reimbursement of expenses.)

Shop Volunteer — Life Changes Changes Lives (Downpatrick)



The shop will be open Tuesday to Saturday 9.30am - 3pm. Hours are flexible. It would be great if you could give 2 - 3 hours of your free time over a week or over two weeks. We would love the volunteer to have a genuine interest in the shop, and an enthusiasm for raising money through its work. You will enjoy being part of a brilliant, friendly team. We encourage our shop volunteers to develop an understanding of all aspects of the shop's work so that they can support the whole team as necessary.

Various Volunteering Roles – Suicide Down To Zero (Downpatrick)



There are plenty of opportunities to volunteer and play your part at eradicating suicide in our area. We would be very grateful to receive any time and help you can provide particularly with the events we are running throughout the area. <https://tinyurl.com/mrv3sj2b>

Various Volunteering Roles – National Trust South Down (Downpatrick)



Group Walking Volunteer Are you passionate about walking and inspiring others to get active, outdoors and connect with nature? We are creating a team to support setting up and delivering walks across our beautiful countryside around Castle Ward. <https://tinyurl.com/mprtfrj6>

Retail Volunteer Castle Ward Giftshop Everyone likes a bit of retail therapy, don't they? Retail volunteers love helping visitors and telling them the story of our products. Through their sales, volunteers are helping the National Trust look after special places for everyone. <https://tinyurl.com/28hjihxk>

Retail Volunteer Castle Ward Bookshop Do you a good thriller? Or are you more a romantic? Our bookshop volunteers know where to find the poetry section, or the holiday reads, and love helping our visitors to find something they will enjoy. You could be the right person to join our team of dedicated bookshop volunteers! <https://tinyurl.com/485tkfpr>

Accessibility Buggy Driver Drivers are the Formula 1 stars of National Trust – just with a bit less speed! They help visitors who might struggle to get to and from the car park, as some of our historic places weren't built to be pedestrian-friendly! Enthusiasm and a current driving licence required! <https://tinyurl.com/278atjuk>

For more information about volunteering in the **Newry, Mourne & Down** areas contact our Volunteering Support Officer:

- Clara O'Callaghan: 07999 118485 / Clara.O'Callaghan@volunteernow.co.uk; or
- Contact our Head Office: 028 9023 2020 / info@volunteernow.co.uk



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Customer Service Volunteer – British Red Cross (Downpatrick)

What you will be doing—Giving a warm welcome to customers visiting or phoning us. Helping people wanting to hire a wheelchair or other equipment. Using a computer-based stock control system. Showing people how to use equipment. Taking payments / donations The skills you need Physically able to safely lift or move wheelchairs and other mobility equipment Some customer service experience is desirable. Enjoy meeting people and good people skills. Able to work independently and in a team. Good IT skills. Able to commit to a regular shift on a weekly basis

<https://tinyurl.com/5db8payt>



Garden Allotment Volunteer - Downpatrick Community Allotments (Downpatrick)

Volunteers will have the opportunity to learn basic plant skills, including how to correctly care for and water plants. You will be able to grow from seed and transplant to baskets and tubs.

For more info: <https://tinyurl.com/4z2eufke>



Volunteer Befriender Home Visits – SEHSCT (Co. Down)

Complement the delivery of services within the South Eastern Trust and enhance patient / client care, and quality of life by reducing social isolation and loneliness. The role offers an opportunity to build friendships with older people, to help them improve their quality of life, a chance to contribute invaluable to their local community and increase their own circle of friends. **Friendship / Befriending** Regularly visit your patient / client in their own home for a chat and companionship' to (to reduce feelings of loneliness and isolation) and subsequently arrange to take them out to other venues that offer opportunities for friendship and camaraderie. For more info: <https://tinyurl.com/4pmbjka2>



HSC Northern Ireland Ambulance Service Health and Social Care Trust

NI Ambulance Service Volunteer Car Driver – NI Ambulance Service (NI wide)

As a Northern Ireland Ambulance Service Volunteer Car Driver you will transport in your own car those non-emergency patients that do not require an ambulance to and from their health care teams for their medical treatment and care. This is a personally rewarding and fulfilling opportunity to help patients in your community. Flexible to fit in with other aspects of your life. For more info: <https://tinyurl.com/52n24n6h>



Activity Assistant – Abbeyfield & Wesley (Downpatrick)

Abbeyfield & Wesley is a member of the Abbeyfield movement, a national charity dedicated providing housing and support for older people. We believe in the importance of making time for older people, and our volunteers play a vital role in doing just that.

Activity assistant - musical bingo We're looking for an enthusiastic and outgoing volunteer who can help to run musical bingo games for our residents. You'll coordinate with our house Support Manager and we'll provide the instructions and materials necessary. Activities in our Abbeyfield houses bring residents together and help alleviate loneliness. If you'd like to make a difference to the life of older people and make new friends while having some fun, this is the role for you! <https://tinyurl.com/99425abj>



General Maintenance Volunteer — True Harvest Seeds (Kilclief)

True Harvest Seeds is dedicated to conserving the wildflower seeds of Ireland. We are populating a native seed bank here in Co. Down. Working with a close knit team of volunteers and employees who help each and every day to keep the seeds, plants and farm growing and getting better.

We are always busy with planting, harvesting, and processing seeds, and we could use a hand with general maintenance. We're seeking a volunteer who can spare a few hours each week to help keep our workspaces clean and organised. Your efforts will make a big difference in keeping our operations running smoothly. The post will be **on-site at 36 Ardglass Road, Kilclief**. And will involve general maintenance, tidying and organising of our workspaces and horticultural equipment.

Ideally the volunteer could help us out one day a week (preferably on a Friday, 10am - 4pm) but we can work flexibly with the applicant to find times that suit them best. If you have a bit of time to help out, please contact us. We'd love to hear from you! <https://tinyurl.com/yc8camku>

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