



# Cookstown Volunteer Vacancies

Cookstown and Magherafelt Volunteer Centre  
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## Action on Hearing Loss NI

Age 18+

Access NI check required

**Action on Hearing Loss Northern Ireland represents the 260,000 people who are deaf, have a hearing loss or tinnitus, as well as their families & others who work with them or for their benefit. Our staff and volunteers offer a wide range of services, including communication, advice & information, care & employment services. We campaign in many areas & act to raise awareness of deafness in the country. You can become part of the volunteer team & help with our numerous activities, in varying places all over Northern Ireland.**

**There are many different tasks that you will be involved in such as:**

### **Fundraising Volunteer**

- Taking part in an organised Action on Hearing Loss collection
- Supporting Action on Hearing Loss fundraising team at events (may include registration, marshalling, welcoming participants, giving out refreshments)
- Promotion of events
- Attend cheque presentations
- Attend fundraising talks
- Join fundraising group and organise own events
- Drop off/pick up materials
- Manage collection boxes

*You can give as much or as little time as you want to this role.*

### **Hearing Aid Support Volunteer**

Volunteers are required to provide support and advice to hearing aid users, their families, carers, community groups & professionals.

- Visit service users within their homes, residential or day-care centres and walk-in clinics
- Undertake basic maintenance on hearing aids such as re-tubing and battery replacement
- Recommend other agencies that may be beneficial to the service user, such as the Sensory Impairment Team
- Monitor the number visits carried out and feedback to Volunteer Co-coordinator
- Promote the work of Action on Hearing Loss
- Meet with other volunteers to discuss the project and suggest any improvements

The length of each information session can vary, from a few hours, to a full day. The level of commitment depends entirely on you. We offer full, on-going training for all volunteers including a one-day induction programme and further training specific to the volunteering role.

**Cont'd overleaf...**

### **Campaigns Volunteer**

- Assist the Campaigns Co-ordinator & local campaigners to promote our campaigns to the general public, people who are deaf, have a hearing loss or tinnitus, government and the media
- Promote Action on Hearing Loss Northern Ireland
- Give feedback to the Campaigns Team about the needs of people who are deaf, have a hearing loss or tinnitus
- Act responsibly with the image of Action on Hearing Loss, under the direction of the Campaigns Co-ordinator

#### **Requirements for this role are:**

- Confidence in communicating with individuals and groups
- Knowledge of or willingness to learn about issues affecting people who are deaf, have a hearing loss or tinnitus
- Friendly, reliable and an approachable manner
- Happy to work with a wide range of people
- Enthusiasm
- Basic administration skills

### **Information Outreach Volunteer**

Volunteers are needed to assist the Action on Hearing Loss NI outreach team in the provision of information on Action on Hearing Loss, deafness, hearing loss & tinnitus to the general public & professionals throughout N.Ireland.

- Assist staff hosting information stands at events and open days
- Support information staff in providing the general public with a wide range of information about hearing loss
- Promote Action on Hearing Loss services and recommend other organisations to people with hearing loss
- Collect and deliver information resources to events and to display them

#### **Requirements for the role are:**

- Enthusiasm
- Must enjoy meeting people
- Good communication skills, in particular the ability to empathise and listen attentively
- Have a full clean driving licence and own transport
- BSL skills would be an advantage.

### **Befriending Volunteer**

- To promote independence and self esteem through increased social interaction
- You will spend time with service users, assisting and involving them in activities including shopping and walking
- You will also accompany service users on social outings e.g. theatre, cinema and bowling

#### **Requirements for the role are:**

- Be friendly, open-minded; demonstrating a positive attitude towards the people you will be supporting.
- Be aware of, or willing to learn about, the issues affecting people who are deaf, have a hearing loss or tinnitus, & a commitment to promoting their participation in social activities.
- It would also be ideal if you have BSL Level 2. However, this is not essential.



**ADAPT NI is the only voluntary organisation in Northern Ireland, solely committed to “Building Equality and Inclusion through Accessibility”. We deliver a range of support services and capacity building projects which position disability equality as a right in order to drive up disabled peoples’ participation in culture arts and leisure activities.**

**Befriender  
Age 18+  
Access NI check required**

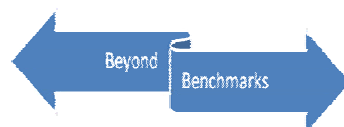
To support the development of our audience development initiative, we are looking for people to volunteer as befrienders. The role is ideal for anyone interested in gaining practical experience of working with people with disabilities and / or experience of fulfilling a supportive role. Also suitable for those keen to improve communication skills, and anyone seeking an active role in promoting disability equality and inclusion.

**This will entail project participation: to provide support through companionship:**

- Travelling with disabled participants to, and from social and arts events / activities
  - Providing a level of support specific to the individual (but not of a care / palliative nature)
  - Being available for an agreed number of hours per week / month, with flexibility. Commitment will vary for individual volunteers and may involve unsociable hours and weekends
- Volunteers should be sensitive to disability and enthusiastic about equality and accessibility. The role is suitable for anyone with an interest in the arts or looking to gain experience for study or work related to social care. Induction training will be provided.

**Creative-enthusiasts & arts rookies....  
Do you want to try a more varied and active arts lifestyle?**

Evolving from the successful pilot ‘Catch22’, we are now delighted to launch:



A volunteer led initiative to stimulate and sustain the momentum for older and disabled people to participate in the arts. ADAPT is now recruiting volunteers for an exciting audience development project **“Beyond Benchmarks”**

This new initiative will give you a lead role in bridging the gap between arts organisations struggling to engage with disabled people and older audiences. **Beyond Benchmarks** offers a range of arts activities where project volunteers can engage with arts organisations and assist staff in targeting accessibility improvements where they’re most needed: premises, marketing or front of house services.

We are looking for enthusiastic volunteers from across Northern Ireland to attend a series of arts events and feedback workshops, programmed from **Oct 2010 – Mar 2011.**

This is your chance to shape a more inclusive arts sector for all, a unique opportunity to mix arts inspiration and social contact with civic responsibilities; supporting your local venues in building equality and inclusion into all that they offer.



**Action Cancer**  
**Shop Assistant**  
Age 18+

***We at Action Cancer are committed to saving lives and supporting people affected by cancer in our community.***

Action Cancer, Cookstown urgently require help within the shop. Can you spare a few hours on a Tuesday, Thursday or Saturday. This is a great opportunity to learn new skills, meet new people & do something worthwhile.

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**Alzheimer's Society**  
Age 16+  
Access NI check required

**Our vision is of a radically improved world for people with dementia. A world where they have their rights recognised where they fully contribute to family & community life & where they can live with dignity free from discrimination.**

#### **Information Support Volunteer**

Help us raise awareness of dementia and the Alzheimer's Society in your local area. Your involvement will ensure information on our services is highly visible and readily available to the increasing numbers of those who need us. It is a broad role which can involve giving presentations or talks in schools, colleges. Local groups or other charities; or it could involve putting posters up in local venues, leaflet drops or networking at events.

#### **Support Volunteer**

Volunteering for us can be rewarding. It is a chance for people to get involved in a meaningful cause, not only locally but also nationally. Occasional volunteers will assist and support the Outreach Project to raise funds, raise awareness & provide quality information.

#### **Volunteer Driver**

Help support people with dementia and their carers attend support groups, events, services and trips in your local area. Your involvement ensures those who cannot make their own way to our services are supported. A volunteer driver is required to provide a safe and reliable travelling experience for those in the Mid Ulster area who wish to attend carer support groups but are restricted in terms of travel arrangements. You will need a full driving licence but you will be provided with transport and full training for the role.

#### **Fundraising Volunteer**

Help us raise funds so that even more people with dementia, their carers and families can be supported. By joining the fundraising group in your local area you will be making a significant contribution towards achieving this. Fundraising volunteers work with other volunteers in their local area to contribute to the local fundraising plan, assisting at agreed fundraising events, thinking of new ways to raise funds for the society and helping to organise events. It may also include handling cash donations/banking etc.

**Cont'd overleaf...**

### **Occasional Fundraising Volunteer**

Do you want to volunteer but find it hard to commit to the time needed for some roles? Can you spare a couple of hours when we have a fundraising opportunity coming up? We just ask that you're happy to be contacted when we have events approaching! Occasional fundraisers don't need to commit to the time needed to organise and plan events like regular fundraising volunteers. We are aware that lots of people want to volunteer but find it difficult to find the time to fit this in around family and jobs. The Alzheimer's Society currently seeks to recruit individuals who are happy to be contacted when fundraising events are organised to see if they can help the regular fundraising volunteers at these events. This may include collecting money at flag days, helping at bag packs, registration stands at events or selling programmes.

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### **Ardboe Community Projects Unit Helpers/Fundraisers**

Age 16+

Access NI check required

This organisation aims to enhance community spirit in Ardboe and to combat social exclusion. Volunteers will be required to help twice weekly with the parent and toddlers group (help with preparations and tidying up after). They will also be required to help with children's birthday parties and any fundraising activities such as children's discos. On occasions volunteers will be required to use their own transport, taking the after school children on trips.

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### **Aware Defeat Depression Group Advisors/Support Workers**

Age 18+

Access NI check required

Our mission is to support people experiencing or at risk of experiencing depression and their carers throughout Northern Ireland by providing information and advice, promoting self help, instigating and supporting research and working for changes in public attitude and statutory health care provision. We welcome volunteers to help at our local self-help support group in Cookstown and/or to help publicise our activities in the local area.

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### **Barnardo's Young Carers Scheme Drivers**

Age 18+

Access NI check required

This organisation, which provides support and advice for young carers, requires drivers to transport young carers to and from group activities in the Cookstown and Magherafelt areas. Volunteers will be needed on a Monday evening (once a month), a Tuesday evening (once a month) or a Thursday evening (twice monthly). Volunteers are required to be involved with the young people in supervised activities and groups weekly.



## **British Heart Foundation Saving Lives in Magherafelt & District Appeal**

The Saving Lives in Magherafelt Appeal aims to raise £50,000 to fund a Community Resuscitation Development Officer (CRDO) for the Magherafelt area. A CRDO trains people in the community how to use Emergency Life Saving Skills. This post is critical as ELS training provides the vital first steps in potentially saving a life by helping people to recognise a life threatening situation and call for an ambulance. BHF Northern Ireland provides Emergency Life Support (ELS) training and equipment to 39 schools and 32 community organisations in Northern Ireland, giving the vital first steps in potentially saving a life. A Community Resuscitation Development Officer (CRDO) is an invaluable asset as a locally based post can train people on how to use ELS techniques. A CRDO will also play a vital role in saving lives, as they can advise on placement of defibrillators in the local community as well as supporting the Ambulance Service.

### **Fundraising Group Leader**

**Age 16+**

Coronary Heart Disease is the biggest killer in N.Ireland. Would you like to help heart patients & their families in your area? We are setting up a fundraising group in Mid Ulster and we need people to get involved. This is an opportunity to meet new friends, help heart patients in N.Ireland and most of all have fun. You will be part of a group who will organise events like coffee mornings, sales, bbq's, dances, quizzes, concerts, collections & lots more! The fundraising group will have the support of the local fundraising volunteer manager & everyone will be part of a winning team. You will have the chance to attend BHF NI events & meetings so that you can see where the money raised is being spent.

### **Fundraisers/Supporters**

**Age 16+**

We need you to support the Saving Lives in Magherafelt and District Appeal and help us to strengthen the chain of survival. Would you have a few hours to spare to help the local fundraising group? Volunteers are vital to everything we do and we cannot survive without them. They are our local ambassadors in their own communities and we find a lot of our volunteer opportunities give heart patients, their families and friends a chance to put something back after they have received help or assistance from us.

### **Collection Can Co-ordinators**

**Age 16+**

To place and maintain collecting boxes in various local outlets in the Magherafelt area. You will be responsible for placing collecting boxes, empty them on a regular basis and bank and receipt any monies received. This is a great opportunity for someone to get out and about in the local community and support the Saving Lives in Magherafelt and District Appeal.

### **School Ambassadors**

**Age 16+**

To visit local schools and promote our Jump Rope for Heart and Ultimate Dodge Ball Initiatives. These exciting activities encourage children to take up exercise and allow schools to keep some of the money raised. Visiting schools to promote the initiatives - you will be supplied with brilliant resources and information packs to make your job easier. You will meet with the PE teacher and explain how it works and sign them up. The Jump rope is aimed at Primary schools and the Dodge ball is for Secondary schools. Schools receive a free resources pack worth £100, other materials, a training DVD and a support line. Past participants have told us that they love taking part. The children collect sponsorship to take part and the school keeps 20% of all the money raised.



**Breast Cancer Campaign  
Fundraiser**  
Age 16+

We are the only charity that specialises in funding independent breast cancer research throughout the UK. It aims to find the cure for breast cancer. We need volunteers across the UK to raise awareness and funds in their local community. You can choose a volunteer role to suit your interests and availability, which include supermarket collections, attending local events, organising fundraising events and distributing charity information.



**Cancer Research UK**  
Age 16+  
Access NI check required

**Action Team Co-ordinator**

Cancer Research UK has over 30,000 volunteers who work in our shops, at our events and who fundraise for us in their local communities. Our volunteers play a significant role in raising vital funds, increasing public awareness of the charity and campaigning for us on particular issues.

We are looking for an Action Team Volunteer Coordinator to manage a team of volunteers who will help out at fundraising and health awareness events in your area.

**Campaigns Promoter**

Volunteers are required to support the local fundraising staff in raising maximum awareness and funds for Cancer Research UK campaigns that occur throughout the year.

**Volunteer Speaker**

Volunteers are required to inform and inspire interest and support for Cancer Research UK through talks given in your local community.

**Online Local Researcher**

Cancer Research UK, despite being a national charity, works in local communities across the whole of the UK. In order to maximize the potential fundraising from our events and our supporters work it is very important to keep up to date on as much as we can in the areas that we work. The Local Supporter Fundraising department requires an individual who can carry out research into the Cookstown and Magherafelt districts.



**Children in Crossfire**  
Age 16+

**Children in Crossfire is a third world organisation. We have projects in Asia, Africa & S.America. Our projects range from war, hunger, poverty, illiteracy & disease. Our aim is to help alleviate poverty in countries less fortunate than ourselves.**

**Administrator**

We are looking for help with administrative tasks including reception work in our Derry office. Good computer & communication skills are preferable. Tasks include answering/making phone calls, sending emails, data entry, writing letters etc.

**General Fundraiser**

Volunteers required to help with fundraising activities such as the publicity & promotion of fundraising events e.g. street/church collections, supermarket bag packs. The events can take place in Derry City & in surrounding areas, primarily in the North West.



**Cookstown Gateway Club**  
**Support Worker**  
Age 16+  
Access NI check required

***Gateway provides social & leisure activities for those with learning disabilities in the local district.***

**Cookstown Gateway Club** is appealing for a volunteer(s) to help assist the service users on & off the bus which transports them to the fortnightly Wednesday social club in Cookstown. The route commences from Magherafelt via Moneymore onto Cookstown. As the club runs from 7-9pm the volunteer needs to be available from 6.15pm to start the journey finishing at approx 9.45pm. The volunteer needs to be reliable & punctual and there is the flexibility of sharing this role with another volunteer which would entail to a monthly commitment. Volunteers must be 18+ years.

Volunteers are also required to help with activities at the club such as arts & crafts, games, bingo, talking to members & helping to serve small snacks etc. Help with collecting on flag days is also much needed. We meet every fortnight in Holy Trinity College, Cookstown from 7-9pm.



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**Cookstown Multiple Sclerosis Help & Support Group**  
**Support Group Volunteer**  
Age 18+  
Access NI check required

We are a charitable organisation that facilitates a group of individuals to meet together in order to improve the quality of their lives. Anyone who has been diagnosed with MS can join (& also their families & carers) who live in Cookstown area. Members can meet with each other & have a chat & cup of tea & exchange views on their condition & general health. The group offers treatments such as physio, reflexology, oxygen therapy, reiki & acupuncture. The group also includes a fully qualified counsellor. Social benefits include evenings out, networking with other groups, day trips, group meals & fundraising events. We require volunteers who can assist our members at the weekly meetings, help with refreshments, assist members to & from bathroom & also take them to & from therapies we have on that day.



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**Cookstown Rural Community Transport**  
**Drivers**  
**Passenger Assistants**  
Age 18+  
Access NI check required

Our main aim is to reduce social isolation in the Cookstown district by providing affordable & accessible transport. Volunteers are required for the Community Car Scheme. Could you spare a few hours a week to help transport members to activities such as health appointments, employment, shopping & other trips? Volunteers are also required to drive the community minibus. All drivers will be trained to MIDAS standard (Minibus Drivers Awareness Scheme) & paid mileage & subsistence. We also require passenger assistants to help members on & off the bus and occasionally to assist them carrying out some tasks, e.g. shopping.



**Cookstown & Western Shores Area Network**  
**Admin Volunteers**  
 Age 16+

Cookstown and Western Shores Area Network (CWSAN) is a community umbrella organisation which was formed in 1996 to represent and support the interests of community groups within the rural areas of Cookstown District and along the Western Shores of Lough Neagh. The network aims to co-ordinate the activities of groups in the area through a range of support measures which include training, facilitation, information access, brokerage and consultation. Volunteers are required to help out in the office and admin skills would be preferred.



**Discovering Kids Playgroup**  
 Age 16+  
 Access NI check required

**Playgroup Assistant**

Discovering Kids playgroup is a cross community playgroup providing care and education to children aged 3-5 years old. We are looking for caring, fun and creative volunteers to help look out in the playgroup and on outings. The volunteer will work in the team, planning for the children's needs, helping to clean up and set up activities. They will use their creative ideas to play games both indoors and outdoors. Bring your skills and ideas to the group for a rewarding experience.

**Maintenance Person**

Come and be part of the team at Discovering Kids playgroup and help staff with the upkeep of the building. The maintenance person will be required to help clean the outdoor area-brushing up leaves, weeding, collecting litter, maintaining the fences (painting & fixing). Hours can be flexible.

**Administrator**

The administrator will be required to type letters to parents and organisations, use computer skills to make newsletters, file away reports, prepare written files for children.



**Emergency Medical Care Mid Ulster**  
**First Aiders**  
 Age 16+  
 Access NI check required

Volunteers are the life blood of EMC; and anyone who has a keen aptitude in acquiring first aid skills to become part of a team, are warmly welcomed into this organisation.

Once a trainee is proficient in first aid and ambulance awareness procedures, they can assist at a wide range of duties which are ongoing throughout the year in Mid-Ulster. The two ambulances that EMC own are used to run a patient transportation service, and to provide medical cover at community events and sporting activities.

Fundraising is also a necessary activity for the organisation, and EMC equip their volunteers with free uniform, volunteer expenses and regular first aid training.



## Emergency Medical Services, Magherafelt

Access NI Check required

### First Aiders 16+ yrs

**Volunteer Ambulance Drivers** *required (Age 25-65) – Valid Clean Driving License with CAT C1 & D1*

EMS are professionally trained up to First Person on Scene and provide vital medical cover at events throughout Northern Ireland e.g. concerts, festivals, sporting events, Gymkhanaa, fun days and many more.

EMS provides ambulance talks to the Nursery and Preschool age groups across Northern Ireland. EMS assists those who are preparing for medical career by teaching anatomy and physiology in relation to first aid.



### Gold Surestart, Cookstown (Gold Community Partnership)

**Support Worker**

Age 18+

Access NI check required

**Surestart is a government funded initiative specifically for families with children under 4 years. The overall aim of Surestart is to improve the well being & life opportunities of young children under 4 years. We work in partnership with local statutory services, community groups & parents to ensure there are appropriate services & support for families in the area.**

Volunteers help extend the work which we already do by providing a valuable service to the local community through assisting in the crèche, 2 year programme & breastfeeding peer support roles. We require energetic & caring individuals to work with parents & children alongside health visitors, speech & language therapists & other support workers. The work is rewarding & fulfilling as positive outcomes for parents & children are clearly evident.



### Head Injury Family Support Group

**Fundraiser**

Age 16+

**Head Injury Family Support Group** is a local charity which was set up to give financial and moral assistance to families of a head injured victim. Other children and family members are affected by the situation and they are the people we want to support.

We need your help to raise funds by helping at a store or street collections, a bag-pack or do you have an idea which you'd like to share with us?



## **Guide Dogs**

Age 18+

Access NI check required

### **Sighted Guide**

As a sighted guide you will help blind and partially sighted people feel less isolated and become more involved in their local communities. You can encourage and support someone in a wide range of everyday activities including going for a walk, attending a sports event or going shopping. Guide Dogs will provide you with the skills and confidence to guide someone safely and offer ongoing support as and when needed. If you have any spare time we would love to hear from you.

### **Guide Dogs Ambassador**

Ambassadors for the charity give talks and presentations about the valuable work of Guide Dogs to local organisations and groups within your community. Volunteers will be given guidelines at speaker training courses.

### **Driver**

Driving is a crucial service provided by Guide Dogs volunteers across the country. Dogs and puppies often need to be transported short or long distances e.g. from our Guide Dog Centres to the homes of volunteers. Also, Guide Dog owners sometimes require a driver to take them to Guide Dogs events. Similarly, we need people to transport our equipment to events and to collect our stamp boxes to name but a few!

### **Fundraiser**

We rely entirely on public generosity to sustain our services. Every year we receive help from thousands of volunteers, but we really do need more help. Opportunities include help with organising events, street collections and giving talks to pupils in schools.

### **Event Fundraisers**

Guide Dogs are seeking volunteers for the following fundraising roles:

Dinner Party Hosts

Budding Gardeners (to open their garden to the public)

Coffee Morning Hosts

Dog Walk Organisers (to organise sponsored dog walks)

### **Collection Box Co-ordinator**

Collection box co-ordinators support the local fundraising team by developing relationships with local shops, businesses & cafes etc by placing, monitoring & emptying collection boxes to raise vital funds for the charity.

### **Branch Member**

Volunteer branch members assist their local fundraising branch in carrying out a number of roles including stock taking, ordering & selling Guide Dog merchandise, placing collection boxes in local retail outlets, flag day collections & assisting with the organising of & attending local Guide Dog events.



## Include Youth

Mentor

Age 21+

Access NI check required

The Give & Take Scheme provides a mentoring service to young people in need or at risk between the ages of 16 - 21 years old. The mentoring relationship will focus on the personal development of the young person. Each young person will be matched with a mentor who will meet them for two to three hours per week for a minimum period of one year. The individual mentoring relationship allows a structured and positive approach to engage young people. It provides the opportunity to create a nonjudgmental relationship where young people have the opportunity to discuss issues that are affecting them. A mentor can help a young person to set and achieve goals, and develop their skills and sense of self. We have young people living throughout the Northern Board area that volunteers would be participating in various social activities. It would be helpful if the volunteers could drive but if they are happy to use public transport that is fine. The northern board area covers **Antrim, Ballymena, Ballymoney, Carrickfergus, Coleraine, Cookstown, Larne, Magherafelt, Moyle and Newtownabbey.**



life is for living after cancer

## LILAC

Age 18+

Access NI check required

**LILAC (Living is Life After Cancer) was established in 2003 in response to an identified need in our community for emotional support for cancer sufferers and their families. LiLAC is a local self-help support group committed to caring, listening to and supporting those affected by cancer and their families in an informal, caring and confidential environment. We also offer relaxation therapies such as Reflexology, Reiki and Chi-Massage to our users. LiLAC also provides practical help to those undergoing treatment e.g. help with housework, transport to and from hospital etc.**

### Befriender/Home Helper

Volunteers are required to visit cancer patients in their homes to offer some friendly company & possibly do a little light housework.

### Fundraiser

Volunteers are always needed on a regular basis to help out at various events throughout the community to help raise vital funds for Lilac Cancer Care. Events include street/store collections, supermarket bag packs, fun days & many others. Any help you can offer is greatly appreciated.



January 2012

**Lissan House Trust**

**DIY Volunteer**

Age 16+

***a legacy to the community after 400 years***

Lissan House, established in the early 17th Century, nestles in the wooded valley of the Lissan Water just three miles north of Cookstown. It is a listed building flanked by an extensive range of outbuildings which includes stables, farm buildings, workers lodgings, a walled garden and ice house.

Extending to over 267 acres, the estate was owned and managed by the Staples family through four centuries until the death in April 2006, of Mrs Hazel Dolling, daughter of Sir Robert Staples Bt. The entire estate, bequeathed to the community, was left in the care of the Friends of Lissan Trust, which has undertaken the task of raising finance for the restoration and development.

Lissan House is due to re-open to the public on **17th March 2012** and are appealing for volunteer help for various opportunities such as conservation work, DIY/handyman work, painting/decorating, joinery, gardening and cleaning.

Some of these opportunities may require previous experience or skills depending on the nature of the role.



**Make-A-Wish Foundation**

Age 18+

Access NI check required

**Make-A-Wish is a charity with a single purpose – we grant magical wishes to children and young people aged 3-17 fighting life-threatening illnesses. At a human level, we believe few things can be more important, or more deserving, than giving a seriously ill child the chance to have their wish come true, with all the hope, expectation and happiness that brings. For many families the Make-A-Wish memory can be the last happy memory they have of their child having fun in a magical world, surrounded by family and friends – rather than memories of days and weeks of painful treatments and hospitalisation. The memory of the wish may be of their child laughing and enjoying being a princess or zoo keeper for the day or meeting a favourite celebrity. In years to come, the family can look back and remember that special time.**

***Make-A-Wish is expert in wishgranting; it is all that we do, each and every day.***

**Wish Visitor**

Volunteers are required to visit a wish child in their home & ascertain what their true wish is & why they would like it to be granted. Together with a second volunteer, make arrangements to visit the wish child within 7-10 days of receiving information on the wish family. Encourage open discussions with the wish child & family (where appropriate) to discover the wish & their reasons. Obtain one of each type of wish from the child (to go, to meet, to be & to own) in preferred order. Recognise & discourage parental/sibling influence on choice of wishes. Ensure the parents complete, have witnessed & return all relevant paperwork to you. Type report & submit all paperwork within 1 week of visit. Volunteer must provide their own transport & have good verbal communication skills with children, young people & parents. An ability to cope with what may be distressing information & situations is also required.

**Fundraising Volunteer**

Volunteers are required to fundraise by organising events in your local area which raise money & awareness for Make-A-Wish. These could be anything from a quiz in your local pub or coffee morning at work to a treasure hunt in the local park or a sporting event with your local school. You'll be organising the event either individually or with a committee & will receive support from Make-A-Wish staff throughout.



**Mid-Ulster Child Contact Centre –  
Magherafelt & Cookstown  
Centre Helper**  
Age 16+  
Access NI check required

Mid Ulster Child Contact Centre aims to provide a child friendly, safe, neutral environment in which children can spend time with a parent or significant other person (e.g. Grandparent) with whom they no longer live following family separation.

**Contact Centre Opening Hours:**

Cookstown Centre: Wed 6.00pm - 7.30pm & Sat 11.00am - 1.00pm

Magherafelt Centre: Thu 6.00pm - 7.30pm

*A rota is made out every three months and volunteers are asked to commit to one contact session per month. For most volunteers this would be one session every 4-5 weeks.*



**Marie Curie Research Shop, Cookstown**  
Age 15+

**Shop Customer Service Volunteer**

To assist the Shop Manager and Assistant Manager in the day to day running of a Marie Curie Cancer Care shop. Tasks include operating the till & general shop duties. A pleasant, helpful & cheerful manner should be adopted in order to encourage maximum sales & promote a positive image of the charity to members of the public.

**Shop Stock Preparation Volunteer**

To assist the Shop Manager and Assistant Manager in the day to day running of a Marie Curie Cancer Care shop. Tasks include sorting & preparing goods for sale, by checking, hanging, steaming & sizing of goods before they are placed on the shop floor. It may also include pricing. Volunteers should be able to work as part of a team & have a pleasant, helpful & cheerful manner. Reasonable physical health is required as the work may involve moving bags or boxes.

**Volunteer Cover Manager**

This role involves standing in for the Shop Manager/Assistant Manager on an occasional planned basis or in an emergency, such as illness, when the Mobile Manager or a member of staff from another shop is unavailable. This role would be in addition to Stock Preparation/Customer Service role i.e. under normal circumstances the person would fulfil either or both of these roles for the vast majority of the time, & only move into the management role when required. Ability to work as part of a team & manage others is required. Other requirements are willingness to cash up & bank money and to take on responsibilities of a key holder. Full training will be given.

**Shop House Collections**

Volunteers are required to attend homes/other premises as requested by supporters in order to collect donated goods & transport them to the shop. The house collections role is one where there will be personal contact with the public, as well as contact with other volunteers & staff. Volunteers are required to use their own vehicle & appropriate insurance is needed.



## Mid-Ulster Talking Newspaper Soundtrack

Reader/Interviewer

Storyteller

Age 16+

Access NI check required

Volunteers would co-operate with at least one other person to present 45 minutes of news read from a local weekly paper for people in the Mid-Ulster area who have problems with reading or who have a visual impairment. The readings take place on either Wednesday evening or Thursday morning in a Cookstown venue. They are now in digital format and are distributed by first class post to recipients in the form of a USB pen weekly. After the news section comes a magazine-type programme which may include music, singing, jokes, interviews, story telling, short story reading or presenting of articles of local interest. Anyone interested in reading the news or in preparing material for the magazine will be made most welcome. Transport is not provided but a contribution towards transport can be arranged.

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## Mid-Ulster Victim Support

Community Service Volunteer/Court Witness Service Volunteer

Age 18+

Access NI check required

Victim Support is a voluntary organisation, which help a person come to terms with the experience of being a victim of crime. Volunteers are trained to offer support to victims as soon as possible after the crime. This may be in the victim's home or at an Outreach Centre. Our services include the Community & Criminal Injuries Compensation service. We rely heavily on volunteers who give their time to provide services to victims & witnesses of crime.

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## Moneymore Heritage Trust

Gardener/Landscaper

Age 16+

**Moneymore Heritage Trust** aims to “promote & advance the social, economic & amenity prospects of the area & to provide economic development for the benefit of the people in the area.” The Trust is at present developing a major tourist complex in the Manor House & surrounding gardens. This links with the neighbouring Draperstown ‘Ulster Plantation Centre’ & the plantation trail.

Work will soon commence on the neglected & overgrown ‘Model Village’ & gardens at the rear of the Manor House, Moneymore. It is a unique opportunity to work on a project that will benefit the entire community. The gardens are a communal area & also a tourist attraction. The work will entail gardening & manual jobs. No gardening skills are required but desired along with a positive attitude & a desire to work outside. Volunteers will be briefed concerning the project & supplied with basic tools (no machinery used).

## The Share the Care Befriending Scheme

**Befriender**

Age 18+

Access NI Check required

The Sharing the Care scheme provides regular short breaks for children with a disability. We are in the process of developing a befriending service also and need all kinds of people to provide a regular befriending service for disabled children.

Befriending involves volunteering a few hours of your time each week to take a child with a disability out in the local community. You could go to local parks, cinemas, swimming pool or any other activity which the child might enjoy. You could be studying, working, unemployed or retired, with or without children, single or with a partner. Anyone who has the time, skills and commitment to provide friendship to a disabled child can apply.

The scheme provides training, expenses and support to befrienders. Befriending provides an opportunity to help support a disabled child and their family.

Attendance at an induction programme of 4 training sessions is required. Volunteers are also expected to undertake an assessment prior to approval as a befriender.

### **Could you spare a few hours to help the *NEW* Macmillan Cancer Support Unit at Antrim Area Hospital?**

The Macmillan Unit is a partnership between Macmillan Cancer Support, the Northern Health and Social Care Trust and the Department of Health and Social Services.

The support unit is located opposite Laurel House on the Antrim Area Hospital site and has 12 ensuite bedrooms and three consulting rooms. Specialist staff at the centre will provide comprehensive palliative care to patients with cancer and other life-limiting conditions. The unit will also deliver a range of day care and inpatient services including symptom control, rehabilitation and end-of-life care.

A day room and a quiet room, as well as facilities for education and staff training, are also included at the unit which will provide comprehensive palliative care to patients with cancer and other life-limiting conditions. Travel expenses are reimbursed.

#### **Befriender**

Volunteers are required to talk to parents, play chess, dominoes etc & to simply just be there for the person. A listening ear & support for family members is also required. Volunteer will receive comprehensive induction training. Ongoing support offered & supervision monthly.

#### **Complimentary Therapist**

Therapists are needed to provide a range of treatments to patients & their families including reflexology, aromatherapy, Reiki & Indian Head massage. This is a much needed service to enable people affected by cancer to deal with stress. A comprehensive induction will be given to all volunteers. Training needs will be identified & ongoing support will be provided.

**Cont'd overleaf...**

### **Driver**

Car drivers needed to enable family members to visit relatives in the Macmillan unit. Also drivers needed to take patients to a support group in Ecos Centre once a month. All travel expenses are reimbursed.

### **Fundraiser**

Volunteers are needed to raise funds for the MacMillan unit to enable this valuable work to continue & expand. The fundraising event can take place in the volunteer's local area or elsewhere if preferred.

### **Gardener**

The MacMillan unit at Antrim hospital is a new purpose built palliative care unit. Each of the 12 bedrooms has a patio & small garden. This is an oasis for patients & relatives. We need someone to help keep each garden neat & tidy so that it can be enjoyed. Some gardening knowledge preferred.

### **Hairdresser**

A volunteer hairdresser is needed to wash, style & cut patients' hair during their stay in the MacMillan unit. Travel expenses are reimbursed & volunteer must be a qualified hairdresser.



## **National Society for the Prevention of Cruelty to Children**

**Fundraiser**

Age 16+

Do you like working in a team, having a laugh and helping to organise an event? Join a new NSPCC support group in Cookstown/Magherafelt and have fun raising money to help vulnerable children. NSPCC are seeking enthusiastic volunteers to give a minimal time commitment to help raise cash and raise the profile of the charity. We need to organise a couple of events each year and need a team of willing hands to help with these.



## **NI Chest, Heart & Stroke**

**Fundraising Group Helper**

Age 18+

Access NI required

**NICHS aims to improve the quality of life of the people of N.Ireland by preventing and alleviating chest, heart and stroke illnesses.**

A volunteer is needed to help raise much needed funds for the charity. Tasks would involve helping the group at cheque presentations, wedding fayres, health stands and helping to organise events throughout the local area.

## MUST Hostel, Cookstown



### **Support Worker/Unit Helper**

Age 18+

Access NI check required

Must Hostel provide accommodation & support to the single homeless aged 17-65 years. The hostel is also an approved premises for probation clients. Volunteers are required to interact with hostel residents and assist the project workers with the day-to-day running of the hostel. Volunteers would be required mainly evenings and weekends for 2-3 hours.

### **SAIL Project**

#### **Housing Adviser**

Age 18+

Access NI check required

The SAIL Project aims to deliver a modern supported housing service which is flexible and has a holistic approach. It helps people to maintain their tenancies and prevent homelessness. The project networks with local landlords and accommodation providers to find suitable housing. Also we will help with difficulties with landlords, neighbour disputes, setting up and settling into a new home. Support is offered on benefit and debt advice, applying for grants and rent arrears. Volunteers would be required to assist the Resettlement Officer in the day to day running of the project. Volunteers would be required mainly for 4-6 hours per week.

### **Friends of MUST Hostel**

#### **Fundraiser**

Age 16+

Friends of MUST is a voluntary fundraising group which aims to raise funds to help the most vulnerable in our community. We need volunteers to assist the current group and also develop new ideas on fundraising activities. All proceeds collected will go towards supporting the homeless in Mid Ulster and South Tyrone to avail of education, training and skills for life. Volunteers would be required for one hour per month, however if events were taking place then additional hours would be expected.

### **Gardener**

MUST have allotments in Springhill House, Moneymore & regularly need volunteers to assist with the upkeep of these. If you have a flare for gardening & would like to help out, we would like to hear from you.



## **Pets As Therapy Volunteer Visitor**

Age 18+

Access NI check required

Pets As Therapy volunteers visit hospitals, hospices, residential/nursing homes, day centres and schools etc with their registered dog/cat on a regular basis to bring joy, comfort and companionship to people who cannot be with their own pet. They provide an opportunity to nurture, reduce stress, help people who are clinically depressed, help speed up recovery rates and assist in rehabilitating patients. 130,000 people benefit every week from Pets As Therapy visits. Your dog or cat will need to be assessed by a local temperament assessor or vet as part of the application process. Volunteers are required to pay an annual subscription to the charity, which is currently £19.



## **Pomeroy Pre School/After School**

Age 16+

Access NI check required

### **Playschool Assistant**

Pomeroy Pre School Playgroup is a member of Early Years, the organisation for children. The Playgroup uses the High Scope approach in educating their children. This facility provides a 2 ½ hour session to children aged between 3 and 5 years each morning Monday to Friday. The role of the volunteer is to provide assistance to the playgroup staff in providing a safe and educating environment for the children.

### **Afterschool Assistant**

The Afterschool facility provides childcare for children of primary school age. The session runs in the afternoon Monday to Friday during school term and for full days during holiday periods. The role of the volunteer is to provide assistance to the afterschool staff in providing a safe and educating environment for the children.



## 040 – Opportunities for Older People

Age16+

Access NI check required

Incorporating **AGE**  
Concern

**040 – Opportunities for Older People (formerly Age Concern Cookstown Ltd) is an independent charity working with and for older people, providing essential support services. After 25 years, 040 have commenced a new stage in their life as they celebrate a move from their existing premises to a newly re-vamped home on the Oldtown Street. The premises (formerly known as the Old Town Inn) will be home to the area’s newest restaurant serving home-made meals including vegetables that are grown and harvested by volunteers in local gardens. The restaurant will run a daily lunch club initially providing three course, hot meals priced favourably to encourage use by those on all incomes and will also be available for bookings for private functions including family celebrations as well as meetings. The restaurant will also provide a meals-on-wheels service to older people in outlying areas. All profits from the venture will be ploughed back into services for older people in the local area. Next door to restaurant, is the Information Drop-In Centre. It is anticipated that this centre will become the regional hub for information about older people’s issues & activities supporting older people in the wider area including Dungannon & Magherafelt. Once open, ‘surgeries’ will be held here by organisations such as Access 2 Benefits & Citizens’ Advice to ensure that older people are able to access the information they require.**

**Volunteer opportunities include:**

### **Charity Shop Assistant**

Volunteers required to help out in Age Concern’s charity shop in Molesworth Street. The role involves general shop duties e.g. sorting of merchandise, tagging, serving customers.

### **Luncheon Club Assistant**

Volunteers required to help set tables, prepare & serve meals or simply help with the cleaning of the Luncheon Club.

### **Gardening Assistants**

Age Concern operates vegetable gardens which are used to produce vegetables for their Luncheon Club. Volunteers are welcome to assist in the upkeep of the gardens. Experience is desirable but not essential.

### **Admin Assistants/Activity Organisers**

Volunteers are required for admin duties & organising activities in the Monday & Tuesday Clubs. The aim of the Monday & Tuesday Clubs is to stimulate the health and well being of their male & female members, through leisure activities i.e. bowling, snooker, quizzes, gardening and outdoor walks.

### **Leaflet distribution Volunteers**

Volunteers needed to help distribute information leaflets as & when required throughout the local area.

### **IT Volunteers**

040 are hoping to deliver computer classes to their Tuesday Club & require the help of volunteers who could assist the users. If you have some knowledge of IT we would like to hear from you! While doing so, you will gain experience in working with & for older people in the community, have fun & join an enthusiastic & friendly team.



## Pomeroy Scouts

Scout Leader

Age 16+

Access NI check required

Volunteers are required to lead and supervise children in a youth group capacity. Also to take part in meetings to improve young peoples opportunities. This is an excellent opportunity to learn new skills and meet new people.

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## Rural Support

Helpline Volunteers

Age 18+

**Rural Support was formed as a charity in 2002. At that time, the Foot & Mouth epidemic was having a severe impact on the rural community in N.Ireland. Since then, Rural Support has been providing a helpline which offers a listening ear & signposting service for farming & rural families. We address the following issues: emotional distress, suicide risk, financial problems, inheritance issues, physical & mental health, farming paperwork & bureaucracy.**

Volunteers are required for Rural Support's telephone helpline. Helpline volunteers will receive full training and will work from home. Rural Support also has opportunities for volunteers who wish to take part in outreach and promotion activities for the organisation.

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## Royal National Institute for the Blind

**RNIB is the UK's leading charity offering information, support and advice to over 2 million people with sight loss. Our pioneering work helps anyone with a sight problem – not just with Braille and Talking Books but with imaginative and practical solutions to everyday challenges. We need you to get involved to support our vital work. As a charity we rely on your generosity.**

### Tandem Pilot

Do you enjoy keeping fit, meeting new people and exploring your local area? Tandem cycling is a great way to have fun, get to know blind and partially sighted people in your area and stay healthy. The volunteer Tandem Pilot will be on the front, allowing the person with sight loss to cycle behind as a Stoker.

An Access NI check will be required for this role.

### IT Specialist Volunteer

Age 18+

Access NI check required

We are looking for IT specialists to join our 'Technology Support Squad' – a national team of volunteers helping blind & partially sighted people to support their independence. Technology will dictate how this role evolves, however a typical visit may be to install new hardware or software, carry out a computer overhaul or resolve a computer malfunction. Or, you may be asked to offer advice and support to our other volunteers.

The role is home based with travel to customer's homes, so access to telephone and email is required.

**Cont'd overleaf...**

### **Technology Support Volunteer**

Age 18+

Access NI check required

We need more volunteers who understand and can help blind and partially sighted people make better use of technology in their homes and lead more independent lives. This may include programming a new mobile phone or demonstrating audio description equipment. The role is home based with travel to customer's homes, so access to telephone and email is required.

### **Local Community Network Volunteer**

This role requires you, one day a week, to visit local shops, churches, community centres & libraries or other outlets where we would be permitted to display posters & leaflets. Also help us by checking local newspapers to watch for local organisations that are involved in charitable giving & pass this info on to our Community Fundraising Executive.

### **RNIB Volunteer fundraising opportunities include:**

#### **Volunteer Fundraising Co-ordinator**

Age 16+

Make a difference in your own community by supporting and expanding our already successful team of dedicated fundraising volunteers.

#### **Events Supporter**

Age 16+

Make a difference in your community, support your local fundraising team to plan and deliver successful events. Be creative, use your social networking skills to engage your community in raising awareness and much needed funds. Be as innovative and quirky as you like or choose from a range of tried and tested activities such as: coffee mornings, quiz nights, fashion shows, sponsored walks, gala dinners or open gardens.

#### **Sooty Box Collector (Fundraising)**

Age 16+

Make a difference in your local community, by ensuring money donated by the public into our iconic Sooty boxes is collected on a regular basis from local shops, pubs and leisure centres.

#### **Sooty Home Finder**

Age 16+

Find a home for Sooty and make a difference in your local community, by giving our iconic Sooty collecting box the best spot in the house.

#### **Street & Store Collector**

Age 16+

Make a difference in your local community by joining our successful team of dedicated fundraising volunteers. Be part of a team of volunteers collecting regularly at local supermarkets and shopping centres throughout the year.

#### **Public Speaking**

Age 16+

Be our ambassador! Make a difference in your local community by talking to a variety of audiences. By raising awareness of our services and products you are helping us rebuild the lives of blind and partially people.

#### **Admin Office Support**

Age 16+

From your own home you can make a difference in your local community by supporting your local fundraising team of volunteers. Use your administrative skills to help our teams be even more successful at raising valuable funds.



## Royal Society for the Protection of Birds

Mid Ulster Area

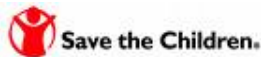
Age 18+

**The RSPB is the UK charity working to secure a healthy environment for birds & all wildlife, helping to create a better world for everyone. Our conservation work ranges from education to campaigning, from people engagement to bird recovery projects. The need for our work increases as the pressure on the environment grows, and this is where you can come in.**

### **Pin Badge Box Minder**

By placing and visiting pin badge boxes in shops and busy locations near you, you can raise a potential £1,000 every year for the RSPB! This money is essential for us protect the wildlife and habitat in Northern Ireland. If you can help look after some boxes in your local area, please get in touch.

A friendly and personable approach, a high level of motivation, good communication skills and an ability to work on own initiative. Knowledge of shops, businesses and tourist attractions near you will be helpful for us to help you place boxes. The pin badge box will need re-stocking and the money collecting every 4-6 weeks (dependant on site). The money will need counting and banking at a post office nominated by you.



## Save the Children

Age 18+

Access NI check required

### **Shop Assistant/Admin**

Volunteers are required to become part of a team and learn some administration skills such as basic finance, as well as have the opportunity to attend meetings to learn more about Save the Children work. Volunteers are required to work in the charity shop operating the tills and sorting clothes. Opening hours: 9.45am – 4.15pm. We would like to form a group of volunteers willing to work after hours e.g. 7-9pm fortnightly or monthly.

### **Speaker**

Save the Children require speakers to raise awareness of our work & inspire support. This role involves giving talks to groups in the community, attending training/updating sessions, completing a feedback form after each talk & encouraging audiences to support Save the Children in ways that are appropriate to them. Excellent presentation training & resources are provided.

### **Emergency Fundraiser**

Save the Children needs emergency fundraisers when disaster strikes around the world. Packs will be provided to enable you to fundraise speedily. Fundraisers will be alerted by text to act immediately to help children in emergencies. When we launch an emergency appeal we'll ask you to raise money – and fast. The cash you raise will save children's lives in an emergency. We give families life-saving help when things are desperate, & then help them rebuild their lives. Sign up to become an emergency fundraiser & as soon as a disaster strikes, you'll get a call to action.



## Share Holiday Village, Lisnaskea

Age 16+

Access NI Check required

Volunteers are required to assist qualified outdoor and arts staff in providing children, people with disabilities, young people and the elderly with a wide range of activities which include canoeing, climbing, archery, arts & crafts and boat trips. Volunteers will act in a caring capacity to ensure all guests participate fully and enjoy the activity. All activities take place at the Share Holiday Village which is open all year round and is located 3 miles outside Lisnaskea on the Derrylin Road.

**Weekend Activities** – Helping staff deliver a programme of water and land based activities to groups of all ages and abilities.

**Arts** – Assisting in the delivery of various art projects with groups.

**Work Camp** – A 5 day residential aimed at site and building maintenance.

**Carer/Companion** – A 7 day residential assisting guests with disabilities.

**Full Time/Long term** – 3 – 12 months placement within the various departments at Share.



## Volunteer Assistant

Age 18+

Access NI check required

**Shopmobility is a scheme which lends manual wheelchairs & powered scooters to members of the public with limited mobility to shop & to visit leisure & commercial facilities within the town or shopping centre. Shop mobility is for anyone, young or old, whether their disability is temporary or permanent. It is available for those with injuries, long or short term disabilities – anyone who needs help with mobility. Shopmobility is about the freedom to get around. You do not need to be registered disabled to use it.**

Volunteers are required to provide an advisory, supportive & mentoring service to our service users. They issue users with equipment & assist in the training of users. At times volunteers are required to escort users around shops & local facilities. Bookings are only taken on the availability of volunteers. There is not much paper work involved, although volunteers will be required to accurately record equipment usage & other basic admin duties. Some PR activities may be required such as the distribution of leaflets & street collections. Shopmobility is located in the Burnavon Arts & Cultural Centre, Cookstown. Volunteers are paid out of pocket expenses, provided with a uniform & the opportunity for training.



## Superstars Club

### Support Worker

Age 16+

Access NI check required

**Join the team at Superstars – we need you!** Through Superstars we aim to provide a club specifically for the benefit of people with learning difficulties. Activities include air hockey, pool, computer games, music, dance, arts & crafts, board games, specific workshops, special events, parties & outings. All this is aimed at helping these special people have an outlet to be more independent while in a safe environment for an evening out. We meet every Tuesday at Cookstown Leisure Centre for ten pin bowling from 7-8pm and every Thursday & Saturday evening from 7-9pm in the Old Clubhouse, Sandholes Road, Cookstown. Volunteers can attend weekly, fortnightly or monthly.

# THE BASE

## The Base - Cookstown

Age 18+

Access NI check required

Our aim is to provide a base for adults with learning disabilities to engage in leisure based activities within their own community. The Base will provide various activities and opportunities to create opportunities for people to meet and make friends. We require volunteers to assist with leisure, crafts and sporting activities.

### Also required Holiday Volunteers-

**Do you have spare time during Easter, Summer, Halloween or Christmas?**



*The promotion of opportunities, in the heart of the local community, for adults with a learning disability*



## Springhill House, Moneymore

### Archive Researcher

Age 16+

**Springhill House** is nestled in the Sperrins in the village of Moneymore and was acquired by the National Trust in 1957. Records of their work here have been kept ever since. A motivated volunteer with an interest in history/archival research is required. The volunteer will have the task of uncovering the history of Springhill since the National Trust & to find out interesting stories & information for us to help us preserve this information for Springhill's future. Everything from ledgers, diaries to handwritten letters will need to be read so a keen interest in reading is necessary. This project would be led by the volunteer from start to finish, with completion being a collection of archives with suitable information about them, whether in the form of a report or catalogue - it would be for the volunteer to decide. An induction and ongoing support is available. Travel expenses are also reimbursed.

### Emergency Salvage Co-ordinator

Age 16+

Good at planning for emergencies? Great in a crisis? To help us preserve places like Springhill we need to plan what we would do in the event of an emergency such as fire or flood to save both people and our collections. The co-ordinator will help us develop a plan of action, in accordance with the National Trust procedures for such an event and then help us train our team to know how to follow this plan. The finale of this project would be in July, with a mock exercise of a crisis, involving both us and the local emergency services. Throughout this you will need to be able to work with other National Trust house staff (both at Springhill & some of our other sites), our Conservator and the local emergency services, so that all are familiar with Springhill's emergency plan. Travel expenses are also reimbursed.



**Tiny Life**  
Mid Ulster Area  
Age 16+  
Access NI Check required

Established in 1988 by a group of health professionals and concerned mums, Tiny Life is committed to funding medical research into the causes of premature birth, stillbirth and miscarriage and providing information to professionals and parents-to-be to ensure that every pregnancy has the best chance of a healthy outcome and a healthy baby. Tiny life also offers practical and emotional support to ensure that parents of premature and ill babies get all the help they need. We need volunteers for our:

**Family Support Service** – Volunteers can offer home support to families in their local area, help out at family event days or in facilitating support networks/groups. Other opportunities include helping with the library and volunteer training.

**Fundraising Team** – opportunities to assist in events, either on the day or in preparation and planning.

**Organisational Awareness** – distributing leaflets and fliers around local community and health premises, i.e. libraries, GP surgeries, Hospitals etc. Manning exhibition stands with the fundraising or family support teams.



**The Stroke Association**  
Age 18+  
Access NI check required

### **Family Support Volunteer**

To provide friendship, support and guidance to people who have communication difficulties following a stroke on a one-to-one basis in their homes under the direction of the Family Support Worker. Tasks will be assessed according to the individual's need and may include:

1. Accompany to variety of social and recreational activities
2. Facilitate clients social learning
3. Explore alternative activities to maximize clients social network
4. Respect confidentiality at all times
5. Report to supervisor any issue that has potential risk to client or support worker

### **Support Group Volunteer**

Assisting people living with aphasia (a communication disability) to take part in group activities on a weekly basis (up to 2.5 hrs). Assisting people to take part in group activities including written and verbal to improve and expand communication skills. The volunteer will be working under the direction of the Chairperson and taking part in discussions of local news, current affairs and other topics. The group meet in First Presbyterian Church, 1 Loy Street, Cookstown every Tuesday from 10am-12pm.

**Volunteers will receive induction training and will be given appropriate training to the individuals needs for all roles.**



## The Niamh Louise Foundation

Age 18+

Access NI check required

The Niamh Louise Foundation was set up in 2006 following the death of a local 15 year old girl, Niamh McKee who died by suicide. It aims to implement the 'Protect Life' Strategy at ground level in local communities to reduce the numbers of people taking their own lives in Northern Ireland. The main activities of the charity is to provide suicide awareness, prevention, intervention and postvention services across the areas of Armagh & Tyrone, particularly to rural areas which can be very hard to reach and highly stigmatized.

A new resource centre has opened in Cookstown and has been welcomed by the town's council chairman Tony Quinn and representatives from the northern Trust. Situated at Union Street, the Protect Life Resource Centre is one of four across counties Tyrone & Armagh, joining established centres in Coalisland & Dungannon. The Cookstown branch currently requires volunteers for the following roles:

### Administrator

A volunteer is needed to assist in the day to day running of the Cookstown office by providing essential administration to all functions of the foundation. The volunteer is needed to welcome people who use the foundation & make them feel as comfortable as possible. This is a crucial role as it can be the first point of contact for people who are having suicidal or self-harm thoughts, especially as there may be more than one person requesting a listening ear at the same time.

### Befriender

Befrienders are required to provide a listening ear, friendship, support and information to those most vulnerable and at risk of suicide or self-harm. By providing intervention in the community the Niamh Louise Foundation staff and volunteers are fully trained to intervene. You will become equipped through ASIST (Applied Suicide Intervention Skills Training) and will be promoting good emotional well being and healthy minds & bodies.

### Community Information Support Volunteer

This role exists to provide information about suicide & self harm & the services of the Niamh Louise Foundation in local communities. Volunteers will typically work on their own with support from staff, manning information stands at health fairs & representing the Niamh Louise Foundation at local events as well as placing our information books in key locations e.g. GP surgeries, dentists, A&E, chemists etc. The hrs for this role are flexible, although some availability during office hrs (9am - 5pm) is helpful. This role will require some evening & weekend hrs from time to time. Hrs will be a minimum of 2 per week.

### Fundraiser/Awareness Raiser

#### Age 16+

The Niamh Louise Foundation needs vital fundraising events to allow us to support the local community. As a fundraising volunteer, you will have the role assisting in the planning and delivering of fundraising activities & raising awareness of the work of the Niamh Louise Foundation.

### Driver

A volunteer driver is required to provide a safe & reliable travelling experience for those in the Mid Ulster, Tyrone & Armagh areas who wish to attend the Niamh Louise Foundation Resource centres, bereavement support groups etc, but are restricted in terms of travel arrangements. You will need a full driver's licence but you will be provided with transport & full training for the role. This role would suit someone with good timekeeping skills & is comfortable working as part of a team. Also, if you have good communication skills, can show empathy, patience & consideration & understand the importance of confidentiality.

### Cleaner

A cleaner is required for the maintenance and upkeep of the building, particularly after events. The volunteer should have the ability to get on well with people. This is an excellent opportunity to meet new people and to do something worthwhile to support our foundation.

**Ulster Cancer Foundation aims to reduce the incidence of cancer in N.Ireland and by teaching young children health lifestyle choices in an entertaining and accessible way we are encouraging them to reduce their risk of cancer in later life.**

### **Farmyard Olympics Volunteer**

'Genevieve and the Farmyard Olympics' is a story to be read aloud to nursery age children. Volunteers will travel to nursery schools that have pre-booked with UCF, read to the children and undertake any activities as instructed, answer any questions about the work of UCF and leave information at the schools. Volunteers are expected to make their own way to each venue and will be working alone but will have full contact and support from UCF.

Ideally, volunteers will have some previous experience working with children but this not essential, however it is important that they have excellent interpersonal skills and are happy to talk to groups.

### **Health Fair Volunteer**

Could you help us reduce the incidence of cancer by informing the public about healthy life choices as a Health Fair Volunteer? The role involves engaging with individuals in an informal manner at venues around N.Ireland to raise awareness of cancer prevention, healthy lifestyle choices & early detection messages. You will work as part of a team representing the Ulster Cancer Foundation at health events in various locations – workplaces, community centres, church halls – providing advice & information.

### **Walking Group Leader**

Volunteers will be organising & leading walking groups in their local area for cancer patients, their families & carers. The walking groups will give people affected by cancer a means of gaining peer support while enjoying the outdoors & enhancing their general wellbeing. Volunteers will need a passion for walking & a good knowledge of the local area, good communication skills & the ability to use their own initiative. This is a new voluntary role & we plan to start the first walking groups in Spring 2011. Training will be provided & ongoing support is available.



### **Young Enterprise**

**Advisor/Speaker**

Age 18+

Access NI check required

Volunteers are required to deliver and facilitate of business enterprise programmes throughout the education sector from all ages.

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## **Access NI is the new name for POCVA checks – (police check)**

Do you receive our monthly newsletter containing latest volunteer opportunities?

If no then contact **Barbara on 028 79 301862** or email

[barbara@cookstownmagherafeltvc.org](mailto:barbara@cookstownmagherafeltvc.org)

### **Join Cookstown and Magherafelt Volunteer Centre on Facebook.**

Please feel free to support us and receive updates on latest training available, volunteer opportunities, volunteer events..... ["Like" us on Facebook](#)