



October 2012

SAVE THE

DATE FOR  
VOLUNTEERING



Volunteering,  
why not give it  
a go?



## CAN I VOLUNTEER?

Volunteering is when you give time to help someone else or a cause you care about, simply because you want to and without expecting a payment. In East Belfast volunteers are making an important contribution to community life. Lots of people engaged in voluntary activity may not necessarily think of themselves as volunteers. They may see themselves as 'just helping out' or 'lending a hand'.

There are many benefits to volunteering and anyone can give as much time as they want. Finding the right volunteering opportunity can be a bit daunting – there are so many to choose from! Why not let EBCDA's Volunteer Project help you out. It couldn't be easier! Contact Katy Gaston, Volunteer Development Coordinator at EBCDA at the details on the back page. You will be taken through filling in an EBCDA Volunteer Registration Form, shown the volunteering opportunities that could be

for you and helped through the decision of what to go for. In the meantime, why not look through the opportunities in this newsletter, something might just catch your eye...

Also in the October edition of EBCDA's Volunteer News - try volunteering for a day. East Belfast organisations are looking for people to be an event volunteer for one day only. Turn to the back page to read more.

# VOLUNTEERING OPPORTUNITIES

How could you make a difference for these organisations and the people they serve?

## Children and Youth

- ★ **Dee Street Community Centre** is looking for volunteers to get involved in their youth programmes. Volunteers help to facilitate the smooth running of their youth schemes on Mondays, Tuesdays and Wednesdays by supporting, organising and mentoring the young people. At the moment they are particularly welcoming volunteers who are available on Tuesdays.
- ★ **Youth Initiatives** has been working hard since 1991 to deliver quality youth programmes to hundreds, that make a life changing difference. Their East Belfast projects are looking for volunteers in the following areas: **Streetwork** every Friday night. Aimed at reaching out to and building relationship with young people least likely to access youth provision. **Lifeline** (mixed gender programme, 15-18's) every Tuesday night. A weekly centre based programme aimed at personally, socially and spiritually developing young people within a youth community. **Boys afterschool programme** (11-14's) every Tuesday afternoon. An outreach programme that aims to engage young men and provide a safe environment for them to build relationships and design their own programmes. **Girls afterschool programme** (11-14's) every Thursday afternoon. An outreach programme that aims to engage young women and provide a safe environment for them to build relationships and design their own programmes.
- ★ Brownie leader with **Willowfield Parish Girl Guides**. The group is for girls from age seven to 10 and meets on Tuesday evenings.
- ★ Afterschools clubs and seasonal schemes with **Avoniel Playcentre**. Volunteers have the opportunity to have an active role in planning, setting up and implementing the sessions.

### Titanic People Coming Soon

A chance to tell the story of the world through East Belfast's eyes. Titanic People will be opening in 2013 as an interactive exhibition space in Westbourne Presbyterian Church on Newtownards Road. Volunteers can get involved as part of the team manning the exhibition and sharing their own East Belfast stories with visitors. Full training will be provided. Register your interest in the role by contacting Katy at the contact details on the back page.

## Conservation

- ★ A Date With Nature assistants based at the Ulster Museum with **RSPB**. This project aims to enthuse people about wildlife and so the volunteers will engage with visitors - to talk with them about nature, conservation, the important work that RSPB does and how they can support RSPB with that work.
- ★ Reserve assistant at the **RSPB** Belfast Harbour Reserve
- ★ Various roles with **Lagan Valley Regional Park** including; Heritage Guides to help man the Lock Keeper's Cottage and share the history with visitors, Saturday Conservation Volunteers to meet every other Saturday morning and carry out conservation tasks in the park, Volunteer Rangers to support and enhance the Ranger Service and volunteers to record wildlife in the park.

The Engage With Age  
HOPE project runs hubs for  
older people who would  
otherwise be at risk of loneliness  
and isolation. Volunteers assist in  
running events and activities to  
support these older people.

## Media

- ★ Volunteer Blogger at the **RSPB** Belfast Harbour Reserve. Do you love nature? Do you love blogging? Do you have a few hours to spare a week? This could be for you

## Community and Social Groups

- ★ Befriending with **RECALL**. Its volunteers visit older and vulnerable in their own homes offering company, friendship and support to very isolated people in South and East Belfast. RECALL is looking for friendly, enthusiastic and motivated people to volunteer with the project.
- ★ Project volunteer, volunteer artist, befriending volunteer, physiotherapy volunteer with **Headway** Belfast
- ★ Community Information volunteers and support group facilitators with **Aware Defeat Depression**
- ★ Events volunteers with **EBCDA**
- ★ Information stand volunteer with **Shopmobility Belfast** at Connswater Shopping Centre
- ★ Visitor centre assistant at the **RSPB** Belfast Harbour Reserve
- ★ Awareness volunteer with **Bowel Cancer UK** for those with a personal experience of bowel cancer.
- ★ Community volunteer with **Bowel Cancer UK** to host information stands.
- ★ Group Activity Volunteers for **Engage With Age HOPE** project to assist with regular activities for isolated older people in dedicated housing schemes in the local community.
- ★ Various roles with **Northern Ireland Chest Heart and Stroke**. Services volunteers assist with activities at groups and fundraising volunteers help raise essential funds to provide the services NICHHS offer.
- ★ **Tullycarnet Community Support Services** are looking for volunteers to get involved with their Tuesday Pensioners' Club. Volunteers will help serve lunch and clean up afterwards. Training and lunch provided.

## Retail and Catering

- ★ Retail roles with **Marie Curie** Shops on Belmont Road and Cregagh Road. They are looking for volunteers who would be interested in shop customer service and stock preparation. They would particularly welcome any Sunday volunteers for their Belmont Road shop which trades from 1.00pm to 5.00pm each Sunday.
- ★ Café volunteers with the **Dock** in the Titanic Quarter
- ★ Retail volunteer with **East Belfast Mission** at their rebeebies shop in Connswater and Park Centre.
- ★ Retail roles with **Barnardos** at their donations centre at Connswater Retail Park.

**The Dock is a pop-up café in the heart of the Titanic Quarter run completely by volunteers. The Dock is a place for building community and, of course, community happens best over a cuppa! The volunteers keep the café running Monday to Friday 11.00am to 7.00pm and Saturday 11.00am to 5.00pm.**

## Fundraising

- ★ Community Fundraiser with **Headway** Belfast
- ★ Collection Box volunteers and Event Organisers with **Cats Protection**
- ★ **Choice Charity Fundraisers** are a small group based in East Belfast. At present they are fundraising for Coronary Care at the Ulster Hospital. If this is a subject close to your heart, why not get involved.

## Practical

- ★ **East Belfast Mission** has several roles for volunteers who aren't afraid to get their hands dirty. Refurbishing and restyling furniture at refurb, turning waste wood into kindling at rekindle and repairing and restoring bicycles at recycle.
- ★ **Oasis Caring in Action** is currently recruiting Volunteer Drivers to help meet with the transportation needs of their new Maintenance & Cleaning Project. Company vehicle provided. Prospective drivers must have a full driver's license (Endorsements may have to be checked with their insurers).



# VOLUNTEERING UPDATE

## Try volunteering on for size with a one off event

Are you limited to what time you can offer to volunteering? Do you want to try something out before you decide where to volunteer? Giving a day or part of a day to volunteer at a one off event is a great way to try out volunteering for a limited time. Community groups in East Belfast often involve people as a one off volunteer; here are some opportunities coming up over the next few months and beyond. Why not give one of them a go?



### World Police and Fire Games 2013

The World Police and Fire Games are the third largest multi-sport competitions in the world and they're coming to Northern Ireland. You can be a part of it. The Games take place on 1 -10 August next year and is set to attract 10,000 competitors from over 70 countries. Volunteer Now are seeking enthusiastic and motivated people, aged 16 and over, to get

involved in a variety of roles both on and off the field of play.

Opportunities for volunteers to be a member of Team 2013 include roles within transport, registration, translation, sports venue branding, media, warehousing and many more. Volunteer applications need to be submitted by Wednesday 31 October 2012.

Join in today by applying online at [www.2013wpfg.com/volunteers](http://www.2013wpfg.com/volunteers).

### Headway Bag Pack

Headway is the only charity solely dedicated to providing support and information to survivors of brain injury, their families and carers. They help rebuild lives after brain injury by offering services to enhance social and physical development.

Join them at a bag pack fundraiser on Saturday 27 October 2012 at M&S Forestside.

They are looking for anyone able to help out for an hour or two. Interested volunteers can contact Gemma Ralston at 9070 5125 or [emailgemma.belfast@headwayni.org](mailto:emailgemma.belfast@headwayni.org).

### Home Start Fundraising Events

Home-Start supports almost 77,000 vulnerable children across the UK. Last year, nearly 17,000 volunteers gave a million hours of support to their families. Home-Start help them cope with post-natal illness, isolation, bereavement, disability, domestic violence and much more.

Join in with Home-Start South and East Belfast's bag pack fundraiser on Friday 16 November 2012 from 9.30am to 7.30pm at Iceland Food

If you'd like to advertise your organisation's volunteering opportunities in EBCDA Volunteer News contact Katy Gaston at the details below

Ltd on Newtownards Road or with their Belfast City Centre street collections on Sunday 16 and Sunday 23 December 2012 from 12.30pm to 6.00pm.

Volunteers are asked to be involved for at least a one hour slot on any of these dates. If you're interested in helping out or if you want to find out any further information contact Karen at Home-Start on 028 9045 9429 or email at [hseb@btconnect.com](mailto:hseb@btconnect.com).

### East Belfast Community Counselling Fundraising

East Belfast Community Counselling was created to help fulfill a need in the local community; to provide a vitally-needed counselling service for adults who might otherwise be excluded because of finance or shortfall in service provision. Our aim is to provide low cost, affordable, confidential, short-term or open ended counselling in East Belfast.

To help provide this service they will be holding a series of fundraising events including bag packs and bucket collections on various dates over the next few months. If this is an organisation that you'd like to be involved in supporting contact Katy at the details below.

## Register

Registering with EBCDA's Volunteer Project will keep you informed of volunteering opportunities and training as well as giving you support and guidance through the application process and supporting you in your volunteering role.

Contact Katy for more details or visit [www.ebcda.org](http://www.ebcda.org)



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