

September 2015

NEWS
WE
WANT
TO
SEE
FROM
VOLUNTEERS

Not sure where to volunteer?

Let your personality and interests guide you



visiting older people as a befriender

a people person



becoming a mentor

a good teacher



planting in a community garden

a nature lover



teaching arts and crafts at a community centre

artistic



heading up a sports event

a take charge person



helping a charity improve their website

a techy



updating library stands with charity leaflets

a book lover



joining a charity's finance team

a numbers person



delivering health information talks

a talker

Check out the East Belfast volunteering opportunities inside - find the one that suits you

EVERYONE HAS SOMETHING TO GIVE TO THEIR COMMUNITY.

WHY NOT THINK ABOUT YOUR PASSIONS, YOUR INTERESTS, YOUR PERSONALITY AND CHECK IF ONE OF THE VOLUNTEERING OPPORTUNITIES INSIDE WOULD BE A GOOD FIT FOR YOU. AS A VOLUNTEER YOU BRING SOMETHING UNIQUE TO YOUR VOLUNTEER ROLE. THE ORGANISATION, COMMUNITY OR CAUSE YOU'RE INVOLVED WITH IS ENHANCED AND DIVERSIFIED BY YOUR VOLUNTEERING CONTRIBUTION. YOU MAKE A DIFFERENCE!

'THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS' - GHANDI

VOLUNTEERING OPPORTUNITIES



Oasis Caring in Action – Finance and HR volunteers

Oasis Caring in Action is a community organisation which works to 'Transform Lives, Transform Communities' through the provision of childcare, training, and befriending services. Based within the heart of Inner East Belfast, and now with branches in West Belfast, Antrim and Coleraine, their desire is to see people empowered within their personal, family and community lives; through support, training and resources.

The finance department is located at The Oasis Centre on Castlereagh Street, providing centralised financial support for all the requirements of Oasis Caring in Action across its multiple locations and its various social enterprise companies. Finance is an extremely busy department which provides the opportunity to hone existing bookkeeping ability, or learn new skills. Volunteers must be computer literate and have a good knowledge and understanding of both Microsoft Office and (preferably) Quickbooks Pro. They must be willing to carry out ad-hoc administrative duties and be sensitive to the staff and clients who may visit the department from day to day.

The primary responsibilities of the human resources department are employment law, health and safety and training. HR is an extremely busy department, but can be rewarding and provides an opportunity to learn and develop new skills. Volunteers must be computer literate & have a good knowledge and understanding of the Microsoft Office package; they must be willing to carry out day to day office duties and be sensitive to other members of staff who visit the HR department on a regular basis.

Volunteers would need to have a high level of professionalism, integrity and awareness of confidentiality.

RECALL - Befriending volunteers

The RECALL project is a free community based good neighbour support service. It provides support to older and vulnerable people living in South and East Belfast through a daily telephone call service, befriending visits, and advice services. RECALL is looking for people to join their team of volunteers to visit older people and vulnerable people in their own homes to provide friendship, support and advice and carry out practical tasks as and when required. This befriending role will be carried out within clients' own home located within South and East Belfast. The core hours of the service are between 9-3pm, Monday- Friday and befrienders will be required to visit their client on a regular basis for one hour per week. A commitment of 1 hour per week for a minimum of 6 months will be required.

Macmillan Cancer Support – Community Helpers and Library volunteers

Macmillan Cancer Support has a range of volunteer opportunities in East Belfast. Macmillan Community Helpers is looking for volunteers to help people affected by cancer at home with tasks such as light housework and shopping or to simply visit someone for a cup of tea and a chat.

There are also opportunities to volunteer in your local library updating and maintaining Macmillan Information Points to ensure cancer information is accessible to those who need it in the community.

Keep up to date with East Belfast volunteering opportunities by checking www.ebcda.org and @EBCDAvolunteers

Home Start South and East Belfast - Support volunteers

Would you like to share your parenting experiences? Can you spare 3 to 4 hours each week to support a family? HSEB volunteers offer friendly, confidential support to families. They support families dealing with; loneliness and isolation ill health, disability or special needs, lone parenting, postnatal illness, first time parenthood or new babies, children's behavioural problems. Training is provided and expenses paid. Trustees to the committee, charity shop and fundraising volunteers are also required.

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

East Belfast Community Counselling – Admin and Event volunteers

East Belfast Community Counselling Centre was created to help fulfil a need in the local community, to provide a counselling service for adults who might otherwise be excluded because of finance or shortfall in service provision. Their service is open to anyone.

EBCC are currently looking for two admin volunteers who could give one day a week but must be able to commit to a minimum of 6 months with the Charity.

They would also like to put together a team of occasional volunteers who would be willing to man information stands and help with upcoming events.

Bowel Cancer UK – Awareness volunteers

Bowel Cancer UK awareness volunteers work to communicate with and inspire people by delivering awareness talks to groups within local communities and workplaces. They believe that people with experience of bowel cancer, either personally or through a family member or friend, are uniquely equipped to raise awareness and deliver these talks.

Awareness volunteers can be located anywhere and are people of all ages. All that is asked from you is your commitment to around one event per month. A full day's training is given with plenty of time to practice giving the presentation, and volunteers are supported throughout their time with the charity. You must be willing to speak in public.

EBIAC – Reception volunteers

Since June 2000, East Belfast Independent Advice Centre (EBIAC) has been providing free, independent and confidential advice on a wide range of issues to the east Belfast community. They provide advice and advocacy on a wide variety of issues, including welfare benefits, tax credits, employment, housing and debt.

EBIAC is currently looking for a volunteer to get involved in their services as a receptionist. You need to be calm when working under pressure, have excellent communication skills and be willing to use your own initiative to run the busy reception at the advice centre. The opportunity is available all day, Monday to Friday and they are happy to take people who can do at least 2 days. EBIAC offers out of pocket expenses which include travel, lunch and child care expenses. Training and support is offered.

The Dock – Dock Cafe volunteers

The Dock is a community project aiming to bring life to the Titanic Quarter. Volunteering at The Dock can help enhance your CV, provide an opportunity to meet new people and give you the chance to make a difference in someone else's life. There are several volunteer roles available within DOCK life so whether you can make a fantastic cuppa, be a listening ear to someone who needs to talk, or organise a great event, this could be your chance to discover, grow and develop your skills and talents.

Belfast City Mission – Befriending and Autism Youth Club volunteers

Befrienders are needed throughout the Belfast area and BCM has already a waiting list of befriendees to pair them up with. Befrienders are asked to give one hour of their time per week to visit an older person in the community who is lonely or isolated and in need of some company. If you think you could spare one hour a week to have a cup of tea and a chat with a new friend, this opportunity could be for you.

BCM's EAGLE Autism Support Project are always looking for enthusiastic and motivated volunteers to help run EYRIE Youth Club for children with autism and their brothers and sisters or EAP – a programme for young teenagers with autism. They're looking for people who enjoy working with children and young people and can spare two hours a week to help out at the youth clubs which take place in central Belfast. Some knowledge of autism would be an advantage but is not essential.

Have a go at volunteering in East Belfast with one of these organisations. Details of how to register your interest are on the back page

EBCDA VOLUNTEERING DEVELOPMENT

20 good reasons to volunteer

- Help others
- Make a difference
- Contribute to a cause that you care about
- Improve employability
- Meet new people
- Find purpose
- Enjoy a meaningful conversation
- Connect with your community
- Be part of a team
- Use your skills in a productive way
- Develop new skills
- Gain confidence
- Feel involved
- Explore new areas of interest
- Expand your horizons
- Get out of the house
- Feel valued
- Make new friends
- Strengthen your CV
- Feel better about yourself

What is Volunteering?

'Volunteering is the commitment of time and energy, for the benefit of society and the community, the environment, or individuals outside (or in addition to) one's immediate family. It is unpaid and undertaken freely and by choice'. This definition refers to both formal volunteering (carried out with, or under the auspices of an organisation/group) and informal volunteering (carried out outside the organisation, often at neighbourhood level but outside, or in addition to, the immediate family).

Volunteering Development

EBCDA's Volunteer Development Project enables us as an organisation to support volunteering in the area for both individuals and community groups. We offer:

Advertising Volunteer Opportunities

- EBCDA Facebook page, Twitter, EBCDA website, EBCDA Volunteer News
- Referring people interested in volunteering to East Belfast organisations
- Helping volunteer involving organisations with the recruitment of volunteers

Volunteer Management Support

- Advice on policy, procedure and best practice
- Volunteer Involving Organisations (VIO) Network. Support and advice from likeminded people

Raising Awareness of the Benefits of Volunteering

- Information sessions and workshops on volunteering for individuals and groups

Register your interest

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. If you want to know more about any of the opportunities mentioned contact Katy for more details or visit www.ebcda.org



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