

Are you unemployed?



Would you be interested in:

- ◆ Improving your career prospects?
- ◆ Gaining experience?
- ◆ Developing skills?
- ◆ Trying something new?
- ◆ Building your confidence?
- ◆ Doing something worthwhile?
- ◆ Helping others while helping yourself?

Why not volunteer?

To find an opportunity which suits you go to
www.volunteernow.co.uk

or call **0845 652 6065**

to be connected to your local volunteer office (calls charged at local rate)

VOLUNTEER NOW
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Department for
**Social
Development**

www.dsni.gov.uk

WHY VOLUNTEER?

Whether you want to develop your career, further your education, improve your confidence or just be more involved in your community, volunteering can help you gain the skills and experience you need.

Many people are finding it increasingly difficult to secure employment. Many face the difficult situation of not being able to find work because they lack experience but cannot gain experience because they haven't got a job.

Volunteering is a great way to improve your career prospects, gain experience, develop skills, try something new, build confidence and meet new friends.

Volunteering is worthwhile, rewarding and great craic, but the best thing about volunteering is that you may be helping yourself but you will also be helping others and contributing to your community!

We have included a few types of volunteer opportunities in this leaflet to give you an idea of what is available.

Benefits should be unaffected as long as:

- ◆ you inform your social security office about your volunteering
- ◆ you only receive out of pocket expenses
- ◆ you continue to actively seek work.

For more information about volunteering while on benefits see: www.nidirect.gov.uk

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Volunteering Opportunities

There is a wide range of volunteer opportunities, some examples include:

Volunteering with children and young people

Playgroups, homework clubs, youth groups, holiday schemes, scouts, guides, mentoring.

Volunteering with older people

Befriending, helping at day centres, organising activities, meals on wheels, transport.

Volunteering with children or adults with disabilities

Providing practical support to someone with a disability, befriending, helping at group outings, providing respite for carers, recording books and newspapers for people with visual impairment.

Volunteering in hospitals

Visiting patients, providing transport to and from appointments, hospital guides, hospital radio, patients library, helping out with activities.

Advice work

There are a wide range of advice organisations dealing with young people, lone parents, unemployed and homeless people.

Counselling

Counselling can take place in groups, individually or on a phone helpline.

Volunteering with families

Giving support to families that, for whatever reasons, are finding it difficult to cope.

Volunteering with people who have mental ill health

Befriending and assisting with social activities.

Volunteering with the criminal justice system

Prison visiting, support for prisoners and their families, special projects for ex-offenders.

Work with homeless people

Information and advice, assisting in hostels or outreach programmes.

Volunteering in the environment/conservation

Clearing paths and communal areas, planting trees, dry stone walling.

Fundraising

Organising events like cake sales or sponsored walks, participating in treks or cycling events overseas, working in a charity shop, helping with a flag day, being part of a fundraising committee.

Emergency services

Mountain rescue, lifeguards, lifeboats, search and rescue.

Management

Joining the management committee of a voluntary/ community organisation, organising events, becoming a school governor.

Sports and leisure

Coaching, leadership, organising activities.

Asylum seekers and refugees

Helping out with orientation sessions, teaching English.

Arts and heritage

Helping in museums, backstage at performances, community arts, drama and music.

Community development

Helping out at the local community centre, joining the residents group, campaigning or lobbying on local issues.

Volunteering with animals

Helping at an animal sanctuary, dog walking.

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