

VOLUNTEER NEWS

May 2020

Welcome

Welcome to our latest newsletter.

Keep up to date with the latest opportunities and news. If you have any opportunities you would like us to promote please get in touch!

In this issue:

- Home Based Opportunities

Covid-19 Volunteering

As you may be aware most front line volunteering opportunities are filled and there seems to be more volunteers than opportunities. However there are still opportunities you can get involved in from home. Have a look at the list below and if there is something you may be interested in let us know.

Cruse Bereavement Care: Helpline Volunteer

As a volunteer you would offer immediate support by phone and email, explore the circumstances with the caller and together work out what options are available.

We ask our volunteers to commit to at least one shift per week of 3-4 hours for a minimum of one year.



Hourglass Northern Ireland (formerly Action on Elder Abuse) : Home-based Helpline Volunteer

Our Helpline volunteers are often the first port of call for vulnerable older people (or perhaps worried family members or carers). They provide a listening ear, emotional support and explore various sources of help. You don't need to be an expert in abuse or the support framework for victims – just compassionate, understanding and have an interest in issues affecting older people. We like you to take calls for a minimum of 4 hours at least one day a week (Monday-#Friday 9.00-5.00pm).



Nexus NI: Domestic and Sexual Abuse Volunteer Helpline Operators

The 24 hour Domestic and Sexual Abuse Helpline is funded by the Department of Health, Justice and Communities and aims to offer support, help, signposting and referral to victims of domestic and sexual violence, family friends and professionals.

The Helpline contact will be via phone (webchat, email, and WhatsApp – optional for volunteer operators). The operator will be expected to work within Nexus NI policies and uphold the values and ethos of Nexus NI.



Age NI: Volunteer knitters

Age NI is the leading charity for older people in Northern Ireland. Every year Age NI ask people to knit tiny woollen hats, and each one gets placed on an innocent smoothie bottle. For every smoothie sold, they receive 25p, and that money helps them fight loneliness among older people. With everyone having to stay home this may be a good time to get the knitting/crochet needles out and start knitting.



Be my Eyes

Be My Eyes is a free app that connects blind and low-vision people with sighted volunteers for visual assistance through a live video call. As a sighted volunteer you can help just by installing the Be My Eyes app. A blind or a low-vision user may need help with anything from checking expiry dates, distinguishing colours, reading instructions or navigating new surroundings.



Care home writing letters

Many care/supported living homes are looking for volunteers to help cheer older people up during this time of fear and isolation. Receiving a letter or a card or even a poem or a drawing can really make a difference. According to Care Home Manager, Helen, a letter can really brighten someone's day and give them a sense of connection and value.



Action on Hearing Loss—Home Based Befriender

Help enhance quality of life for older hard of hearing people in the community and residential homes by reducing social isolation. Through telephone, letter or email contact.



To get involved with any of the above opportunities please contact us:

info@causewayvc.org / volunteer@causewayvc.org or Text: 07751021506