

Voluntary Service
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Belfast
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VOLUNTARY SERVICE BUREAU



Building stronger communities through social action



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VOLUNTARY SERVICE BUREAU

VSB is a local development agency with years of experience providing the infrastructure to support, encourage and promote citizenship and participation through voluntary activity. As the Volunteer Bureau for Belfast and Castlereagh, VSB provides the support mechanisms to enable individuals to access voluntary opportunities, matching volunteers with voluntary placements, and maximising mutual benefits. VSB provides support each year for 2500 volunteers and 570 organisations whose work involves volunteers. Support includes advice, information, training and good practice standards. To complement general volunteering opportunities a number of specialist volunteering programmes have been developed.

In a response to identified need VSB operates a number of practical care services. The emphasis is on participation and social inclusion and services include: Befriending, Transport, Home Security, Social Outings. VSB provides advice, information and assessment to a range of external Trust Funds designed to help those in need throughout Northern Ireland.



VOLUNTEER BUREAU

You may be a young person wanting to gain valuable experience; perhaps you're employed but would like to try something new; maybe you're retired with lots of skills and experience to share; or you simply want to help others. Volunteering could be just what you are looking for. VSB provides information, advice and where appropriate, training to those who want to volunteer their time, talent and energy to help others in the community. We can help you find voluntary work to suit your needs either through our 570 Partner Agencies or through VSB's specialist volunteering programmes and community projects.

The following pages outline the work of VSB and voluntary opportunities available. If you want more information you can call, phone, email or check out our website: www.vsb.org.uk VSB is the leading volunteer bureau and we are here to help you.



THE CARES INITIATIVE

VSB's Cares Employer Supported Volunteering Initiative, supports companies to actively encourage their employees to participate in voluntary work within the local community. Many voluntary organisations and groups are in desperate need of volunteers and Cares provides employees with the opportunity to make a real difference. Voluntary work is usually of an episodic nature and so does not involve long term commitment. Feedback from employees have found that involvement in voluntary activities boosts team building, staff development and confidence.



YOUNG CITIZENS IN ACTION

Young Citizens In Action is an exciting youth-led volunteering and citizenship programme which helps young people aged 16-30 years become more actively involved in society through volunteering.

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. You can be part of a team planning and managing your own projects with the support of staff or volunteer with a wide variety of community-based organisations. If you're aged 16-24 you can also participate in the Millennium Volunteers programme and gain an award of excellence for your commitment to volunteering.

Being part of Young Citizens In Action can provide excellent opportunities to meet new people, try something new and have fun while helping others. To find out more check out our website www.youngcitizens.org.uk



ACTIVE AGE

Active Age Projects support the over 50s to use their considerable skills and experience to help others. Voluntary action through the Retired and Senior Volunteers Programme, the Dark Horse Venture and Encourage can help you make a difference not only in others lives but in your own life. Participation is key, giving you the opportunity to use your skills and experience, try new activities, get involved in conference and promotional events, access the Arts, music and museums, meet new people and have fun. The Inside Out project supports older people in residential or daycare situations to make a difference to the lives of others whilst keeping busy, active and involved right through late life.

New projects are being developed to encourage cultural diversity in volunteering and to involve older people with skills in various trades to mentor younger people.





COMMUNITY PROJECTS

In response to identified need, VSB has developed a range of practical services for older people. Befriending, Social Activities, Transport and Home Security provide support mechanisms which enable older people get out and about, make new friends, keep vital medical appointments and feed safer in their own homes. With a little support older people can remain independent for longer. There is an increasing demand for new volunteers to help out and just a few hours of time each week can make a significant difference.



If you would like further information about any aspect of volunteering please complete the form below and send to VSB (no stamp needed) or contact VSB on 028 9020 0850 or email: info@vsb.org.uk

Please remember that VSB can help you find voluntary work with a wide range of voluntary organisation throughout Belfast.

Your choice is not restricted to VSB projects alone.

Please tick as appropriate

I would like more information on voluntary opportunities in Belfast

I am interested in the following VSB projects:

- Young Citizens In Action
- Millennium Volunteers
- Belfast Cares
- Active Age Projects
- Community Projects

Name:

Address:

Postcode:

Telephone:

Email:

Date:

Freephone: 0800 052 2212

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