



## WHAT'S IN IT FOR ME?

### You will:

- meet new people
- have the opportunity to train and learn new skills
- gain experience and develop your confidence
- enhance your CV
- discover hidden talents
- share your skills and interests
- make a big difference to someone's life
- be valued and have your contribution recognised.

Be positive and join our team of volunteers supporting our services across Northern Ireland! There's something for everyone.

Take the next step and get in touch. Check out our website and see where we work. Wherever you are, you can call **028 9147 5720** or email [volunteering@positive-futures.net](mailto:volunteering@positive-futures.net) for more information.



POSITIVE FUTURES

### Head Office

2b Park Drive, Bangor, BT20 4JZ  
028 9147 5720

[info@positive-futures.net](mailto:info@positive-futures.net)  
[www.positive-futures.net](http://www.positive-futures.net)

 @pftweets

 [facebook.com/positivefutures95](https://www.facebook.com/positivefutures95)

Registered in NI as a company: No 29849.  
Registered with The Charity Commission for Northern Ireland: NIC101385.



THINK YOU HAVE WHAT IT  
TAKES TO MAKE A DIFFERENCE  
TO SOMEONE'S LIFE?

WANT TO HELP OTHERS  
ACHIEVE THEIR DREAMS?

VOLUNTEER WITH  
POSITIVE FUTURES!



POSITIVE FUTURES

ACHIEVING DREAMS. TRANSFORMING LIVES.

## GETTING TO KNOW US

### Who are we?

We're Positive Futures and we support people with a learning disability, acquired brain injury or autistic spectrum condition.

Our innovative community-based services support children, young people, adults and their families.

### Our outlook

We live up to our name in everything we do.

Our aim is to transform the future of the people we support.

We do that by enabling people to realise their hopes, dreams and ambitions. We change attitudes by proving that a person doesn't have to be defined by a disability. And we change society by showing that, with the right support, everyone can play a valuable role in the community.

And you can help us to transform lives.

### We provide support from our offices in:

Bangor, Belfast, Cookstown, Lisburn, Lisnaskea, Magherafelt, Newry, Omagh and Portavogie.



## OUR VOLUNTEERS

The people we support want the same things as everyone else – involvement, respect and the opportunity to live life as fully as possible. Our volunteers help them do that.

### How can I get involved?

You could support people in social or leisure activities or enjoy sharing their skills and interests. If you prefer to work behind the scenes in roles like administration, fundraising, IT support or driving, you can still make a big difference to people's lives and we would be delighted to hear from you.

If you've got a skill and enough commitment, we can be sure to make use of it.

### How much time is involved?

Some people volunteer every week. Others join us for a couple of hours every fortnight. We know that volunteers are busy people, so we work together and agree what works for everyone.

### What qualities do I need?

You need to be committed, friendly, responsible and have patience and understanding. Your age and background don't matter, although you need to be 16 or over to volunteer with children and at least 18 to volunteer with adults.

The main requirement is the desire to make a difference.

### What support will I get?

All our volunteers receive induction, training, support and guidance and the opportunity for personal development.

Your safety and wellbeing are also important to us. We will do all we can to ensure you enjoy what you do and that you're comfortable and confident in your role.



## WHAT OUR VOLUNTEERS SAY:

"Positive Futures was fantastic. It was my first real experience of volunteering and I thoroughly enjoyed it. It was so rewarding to give someone the chance to fulfil some of the dreams they could not achieve without my support."

Jennifer

"It's a wonderful feeling knowing you are making a difference in someone's life. When you see a smile that lights up a room, you know you are doing something worthwhile."

Andrea

"Volunteering with Positive Futures opened up a whole new career for me."

Alistair

"Volunteering is fun and rewarding. It gives you the opportunity to learn new skills and make a difference. It is satisfying to know you are helping people to live full and valued lives."

Sarah

"I have retired but am proud that I am doing something useful."

Brendan

## WHAT THE PEOPLE WE SUPPORT SAY:

"As a young boy, the volunteers were like friends who helped me to have fun at all the after school activities we enjoyed. In the first year of my course at college, Positive Futures got me a volunteer who helped with my studies. I really valued Chris's friendship and support."

James

"As parents, we really appreciate the effort volunteers put in... by giving up their valuable time, they really make a difference."

Rachael's mum