

# Volunteer role description

## Fundraising Group Member- Belfast

### AWARE Fundraising Group

#### Who we are!

AWARE is the only charity in Northern Ireland working exclusively for people with depression and bipolar disorder. A Derry born charity we now have two offices; one in Londonderry and a second office in Belfast where our helpline is based.

AWARE has an established network of 23 support groups in rural and urban areas across the country, which are run by our trained volunteers. Support groups welcome people with depression and bipolar disorder as well as carers for people with the illness. We also deliver Information Outreach sessions and attend community events to give more information about AWARE and our services.

#### Why do you need me?

*“1 in 10 young people age 5-16 years suffer from a diagnosable mental health disorder”* (Northern Ireland Youth Forum)

*“45,000 young people here in Northern Ireland have mental health needs”* (Northern Ireland Youth Forum)

*“Mental ill health is 25% more prevalent in Northern Ireland than in England.”* (Northern Ireland Youth Forum)

*In Northern Ireland, 1 in 6 people are currently on antidepressant medication*

**We can't do this without your help!** Can you spare a few hours a month to join some likeminded people to help us to make the difference between a good day and a bad day for someone?

**£15** could pay for one young person to be educated in understanding what depression is and what the symptoms are through our Mood Matters programme delivered in school.

**£50** allows us to go into communities to provide awareness raising sessions to promote your mental fitness.

**£100** could run one of our potentially life-saving support groups for a week.

All of AWARE's support services are provided for free. We need your help to keep them in place as well as develop new ones where they are needed.

We want to make AWARE the best-known local charity in Northern Ireland, and that's why we're looking for special volunteers to help. Why not join us and have some fun fundraising for us? You'll make some new friends, perhaps pick up some new skills and have some fun knowing that you'll be making a massive difference to AWARE and, ultimately, to the lives of people in Northern Ireland affected by depression.



### **When would you need me?**

This is a **flexible** volunteer role, a few hours a month, more if you have time. It's up to you how much time you can spare.

### **What activities will I be involved in?**

- Activities include:
- Organising your own event as a group for AWARE
- Helping out at local AWARE organised events like the Belfast Mood walk
- Helping out at local bucket collections
- Encouraging others to join in – helping to grow the group
- Attending group meetings

### **In return, as one of AWARE's fantastic volunteers you'll benefit from:**

- the full support of a member of the fundraising team in your area
- training & skills development
- the opportunity to boost your CV
- meeting new people
- making a difference to your local community
- Having fun!

### **Skills required**

- Enthusiasm
- Your own skills & strengths
- Your time to help us make a difference!

### **Contact**

Please contact our Fundraising department at - 02890357820 or [fundraising@aware-ni.org](mailto:fundraising@aware-ni.org)