

Volunteer Opportunities Bulletin - May 2026



Those in purple are our most urgent needs.

Birmingham and Sandwell

Activities & Engagement Volunteer (weekly)

Dementia Carers Hub Support Group, Oscott Community Centre, B44 9TY
Thursdays 11am - 1pm

We are looking for a volunteer to support a small, friendly dementia support group for people living with dementia and their carers.

- Plan and deliver simple, engaging activities (e.g. colouring, basic arts and crafts, memory boxes)
- Support people with dementia to take part in activities and social interaction
- Encourage conversation, reminiscence, and a relaxed group atmosphere
- Assist with setting up and tidying away the session space
- Help prepare and offer refreshments (e.g. making tea/coffee)
- Able to make a long term commitment for familiarity for attendees

Due to the nature of this group, someone with experience of supporting people with dementia is essential. Previous experience supporting client groups is preferred but not essential.

Ideal for those seeking experience in dementia services or a career in health and social care, community health, or occupational therapy, as well as experienced individuals wishing to support older people in their community.

This role is weekly and due to the nature of the service provided, we hope for a longer term commitment to be made

Wellbeing Walking Group Assistant Volunteers - Various Locations

- **Lightwoods Park, Bearwood**
 - Tuesdays 2pm - 3pm (with cafe social 3pm-4pm)
- **Kings Heath Park, Kings Heath**
 - Thursdays 11am - noon
- **West Smethwick Park, Smethwick (large group)**
 - Thursdays 11am - noon

Walks are generally mixed pace, some more confident and others with some participants with walking aids or adaptations

1 space
per
walk

Volunteers will:

- Assist in guiding conversation
- Signpost where needed and encouraging good health
- Assist with outreach and promotion of the group they are with

This role is ideal for someone who values health, fitness and wellbeing within our older community.

This role is weekly/regular and it is hoped a 6+ month commitment can be made

Digital Health Volunteer (weekly)

2 posts available, 1 at each of the below locations:

- **Oscott Community Centre, B44 0TY**
 - Tuesday 12:00 – 13:30 (1.5 hours)
- **Oldbury Library, B69 9SZ**
 - Wednesday 11:00 – 13:00 (2 hours)

The groups are run weekly and are designed to support older people feel confident accessing online tools, with particular focus access to the NHS app or local GP surgery online portals. Tasks include:

2

1 per
group

- Work with older people in group sessions to develop their digital skills and confidence online.
- Get to know the older people you support to understand the individual barriers they face.
- Help to set up and set down the room and welcome clients into the space

it is hoped a 6+ month commitment can be made

Dementia Cafe - Support Volunteer (monthly)

1st Friday of the month in Selly Oak, B31

1 space

Our dementia cafes are friendly spaces that have fun activities each month which aim

to stimulate the brain and improve cognitive function as well as as well as visits from guest speakers to provide information/resources. Tasks will include all or some of the below:

- Welcoming attendees and offering/making teas/coffees and refreshments
- Guiding and encouraging conversations
- Delivering planned activities to the group
- Assisting in the set up and set down of the room
- Full understanding of safeguarding

This role is daily or weekly/regular and it is hoped a 6+ month commitment can be made

Retail Shop Volunteer (B42 Hamstead)

Open Monday to Saturday with most support needed on Monday and Fridays

Located at our Hamstead shop, 34 Old Walsall Road, B42 1NP

Tasks will include all or some of the below:

- Till operation and cash/card handling
- Sorting and preparing stock
- Creating displays to attract attention and promote
- Customer service skills desirable

3 - 5
spaces

This role is daily or weekly/regular and it is hoped a 6+ month commitment can be made

(Remote) Telephone Support Group Volunteer (Wellbeing Team)

1 hour per week on a Sunday (alternate weeks with another volunteer)

- Established group, role is replacing a long standing leaver
- 11:30 - 12:30
- Connecting via tele-conference to engage in conversations with participants
- Guide conversation
- Take a register and provide line manager with attendees count
- Report any safeguarding concerns that may present themselves during the call

1
space

This role is ideal for someone who like to offer regular support from a distance and is similar to telephone befriending but in a group setting. The volunteer should be a confident speaker as well as an active listener.

This role is intended to operate for around 6 months over a bi-weekly basis

Volunteering Administrator (Operations) at Stratford House, B12
Monday, 4-5 hours between 09:30 and 16:30 (a least 3 months)

Admin support required in our volunteering department. Task will include:

- Confident user of MS Suite and hardware
- Data entry into Excel with use of filtering and sorting
- Entering and maintaining records in a CRM system
- Document maintenance
- Option to do more tasks over time (full role description available)

1
space

This role is ideal for someone who would like to gain working admin experience to improve their CV, or someone who has free time and would like to support the charity work. Some admin experience is required and confidence with software is essential.

This role is intended to last for a minimum of 12 weeks, ideally longer, starting.

Information and Advice Volunteers
Flexible hours/days between Monday and Friday (weekly rota)

Form Filler Volunteer

- Based at our head office B12 OHT
- Assisting with forms and online applications
- Providing guidance on next steps
- Must be articulate and concise

Reception/Admin (in person) Volunteer

- Based at our head office B12 OHT
- Answering incoming telephone calls and responding to emails
- Monitoring visitors to the building and ensuring they are comfortable and seen timely
- Filing/photocopying
- Admin experience desirable, experience with Microsoft Office essential

Multiple
spaces

Advisor (speculative)

- Based at our head office B12 OHT
- Advising on specific subject matters such as housing, benefits, finance
- Previous experience essential in I&A or similar organisations

Full and dedicated I&A training will be provided upon starting.

This role is weekly/regular and it is hoped around a 1 year commitment can be made

Sandwell

Sandwell Carers Hubs and Activity Group Volunteers

This is a fairly new project which is being established and is already in demand. If the below roles are of interest, our memory care manager or memory care advisors can give you much more detail upon interest. We need volunteer help in various capacities such as:

- Assisting with the running of information stands at events (raise awareness of service)
- Assisting the running of peer support groups across all towns of Sandwell & Great Barr Many
- Administrative support (can base at head office B12 or Oscott Community Centre B44)
- Outreach support

Roles are not yet fully formulated however we are keen to hear from people with interest in the above.

All roles are regular and we hope for someone who can ideally commit at least 6 months with 1 year preferred if possible.

How to Apply

Please use the application form to apply.

To discuss any of the roles, obtain full role descriptions, or to find out more, please email or telephone.

Online:	Application Form Link - HERE
Email:	Volunteering@ageukbirmingham.org.uk
Phone:	0121 824 1459

Contact
Name:

Louise Crowther | Volunteer Coordinator