

Volunteering



Age UK Wandsworth offers a range of Volunteering opportunities that are suitable for you.

Befriending Volunteer: Visit an isolated and lonely person living in your area.

Volunteers with our befriending services visit an older person who lives alone. If you have some time to spend with someone who rarely has visitors, your visit can be a real lifeline. The ability to listen and build relationships is vital for this role, along with patience and empathy. When befriending, you can help them with practical tasks to make their lives easier. This could include small domestic tasks, going out for a walk, collecting a prescription, or helping with reading letters, etc.

Weekdays, evenings, and/or weekends: 1–2 hours per week

Community Engagement and Digital Inclusion

Many of our activities run for an hour or two, and we require volunteers to commit to attending at least one session a month. You will be volunteering alongside our Community Engagement staff, where our activities will change and adapt based on client feedback and their evolving needs. Volunteers will help to facilitate events and activities across the borough, including but not limited to our digital inclusion drop-in sessions, coffee mornings, LGBTQ+ group and future activities relating to a gardening club and a walking group.

Various opportunities are available based on our event schedule, which runs weekdays between the hours of 9am-4pm for 1–2 hours.

Maintenance Cognitive Stimulation Therapy (MCST)

We are looking to find a volunteer to assist us in providing sessions that will be stimulating and engaging and include a variety of activities that could include word and memory games, paired and group discussions, puzzles and board games, seated exercise, and physical activities such as parachute and ball games and target practice.

Sessions run on a Friday between 11am – 1pm

Information, Advice, and Support

Working under the supervision of our Information and Advice team, volunteers will provide information and advice to older people and their carers by telephone, email, and personal contact at the Age UK Wandsworth office on a range of issues including help with filling in forms, making claims and calling clients for feedback on the service.

Monday-Thursday between 10am and 4pm 3 – 6 hours per week

Reception Support

Reception volunteers answer telephones and greet people at our Old York Road office. You would need to be very committed and, have excellent timekeeping and note-taking skills. You would need to be computer-literate (specifically Microsoft Office). Roles may include filing, telephone, and computer work. You would also need to be patient and sensitive to the concerns of older people. Having experience working in a customer-facing role is desirable for this role.

Minimum of 3 hours per week

Admin Support

Service support volunteers assist our service coordinators in the smooth running of their projects. You would need to be computer-literate (specifically Microsoft Office). Roles may include filing, telephone, and computer work.

Weekdays between 10am and 4pm 3 hours a week

Peer Support Volunteering

Here at Age UK Wandsworth, we want to help bring the joys of volunteering to everyone, by removing the barriers that may prevent older people from volunteering. We have a wide variety of volunteer roles to suit most volunteers needs and requirements. For more information about the opportunities available for Peer Support Volunteering, please contact us.

Find out More

Please contact our volunteer coordinator or visit our website for more information and to request an application pack.

Email: volunteering@ageukwandsworth.org.uk

Visit: <https://www.ageuk.org.uk/wandsworth/>

Call: **020 8877 8957**

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