Age UK Birmingham and Sandwell

Volunteer Opportunities Bulletin - August 2026

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How to Apply

Please use the application form to apply for a role – Volunteer Application Form

For more information about any of the roles, you can reach us via the below:

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Phone: 0121 824 1459

Information & Advice (I&A) (Birmingham)

I&A volunteer roles hope for a commitment of at least 1 year due to the nature of the training involved and service provided. These roles are ideal for people who wish to build on existing skills in a professional environment.

I&A - Form Filler Volunteer (Birmingham/Office Based)

Location	Birmingham - Head office, B12 0HT
Tasks	• Assisting with paper forms • Assisting with online applications • Providing guidance on next steps
Requirements	Must be articulate and concise, with high standard of written English

I&A - Form Filler Volunteer (Sandwell – Home-Visits/Phone)

Location	Sandwell – Various surgeries
Tasks	• Assisting with paper forms • Assisting with online applications • Providing guidance on next steps • **Click here for Google Map** for surgery locations – appointments are held in all surrounding areas Initially you will be based at one of our surgeries while training. Once ready, you will then conduct home visits and telephone appointments with the occasional office appointment.
Requirements	Must be articulate and concise, with high standard of written English.

I&A - Reception/Admin Volunteer (in person)

Location	Head office, B12 0HT
Tasks	• Answering telephone calls and replying to emails • Monitoring visitors • Filing and photocopying
Requirements	Admin experience desirable, Microsoft Office essential. Must speak confident English.

I&A – Advisor Volunteer (in person)

Location	Head office, B12 0HT
Tasks	Advising on matters such as: • Housing benefits • Finance • Consumer goods, and similar areas
Requirements	Previous experience is essential in similar organizations. Must speak and write in confident English. Ideally must be able to commit long term

Enabling Connections Sandwell – Befriending

Volunteer Befriender (In-Person 6 months)

CLICK HERE for full role description for your consideration.

Location	A matched location across Sandwell area
Commitment	26 weeks/6 months
Tasks	• Meet your match weekly, in-person • Agree goals and plan small weekly steps • Build confidence together • Celebrate and record progress • Prepare for a positive ending
Requirements	• Clear spoken English • Friendly and supportive • Basic IT /tech confidence • Reliable and committed • Able to travel locally ideally by car, or open to bus travel
Ideal for	Someone who wants to make a meaningful, direct impact
Training	Safeguarding, Befriending, Loneliness & Isolation, MECC (Make Every Contact Count), Goal Setting, and more

Activities & Wellbeing (Birmingham and Sandwell)

Social Group Volunteer

Location	Hamstead Library, Great Barr (Sandwell)
Schedule	Tuesdays, 2–3pm
Tasks	• Take register of attendance • Engage participants • Setup/close session • Prepare refreshments where necessary
Requirements	A listening ear and a positive attitude
Commitment	Weekly/regular with 6+ month commitment preferred

Walking Group Volunteer (in person)

Locations	• Lightwoods Park (PAUSED)
	  ○ Tuesdays 2pm-3pm, café 3-4pm
	• Kings Heath Park
	  ○ Thursdays 11am–noon
	• West Smethwick Park
	  ○ Thursdays 11am–noon

Tasks	• Guide conversation • Signpost support • Encourage health • Assist outreach and promotion for the group
Ideal For	People interested in health, fitness and wellbeing within the older community
Commitment	Weekly/regular

Chair-based Exercise Assistant Volunteer

Location	Oscott Community Centre, B44 9TY
Schedule	Weekly, Tuesdays 10:45am–12:15pm
Tasks	• Take register • Complete medical forms • Setup/close room, prepare refreshments
Requirements	Adhere to GDPR rules and handling of medical/personal data. Genuine interest in health/fitness and wellbeing.
Commitment	Weekly/regular with 6+ month commitment preferred

(Remote) Telephone Support Group Volunteer

Location	Remote / Telephone
Schedule	1 hour every Sunday (alternate weeks) 11:30–12:30
Tasks	• Lead teleconference conversations • Take register / report safeguarding concerns
Ideal For	Confident speakers and active listeners
Commitment	Bi-weekly ongoing

(Remote) Telephone Quiz Volunteer

Location	Remote / Telephone
Schedule	1 hour every Thursday 2pm–3pm
Tasks	• Run quizzes remotely • Use existing sets or create your own • Take register / report safeguarding concerns
Requirements	Laptop/computer, phone and stable internet is required
Commitment	Weekly ongoing

Retail (Birmingham)

Please note that Age UK Birmingham operates one shop, which is our Hamstead branch.

If you are interested in other Age UK shops locally, please visit Charity shop volunteering | Age UK

Retail Shop Volunteer

Location	Hamstead Shop, 34 Old Walsall Road, B42 1NP
Schedule	Open Monday to Saturday Currently, support is most needed on Mondays and Fridays
Tasks	• Till operation • Stock sorting • Displays • Customer service
Commitment	Daily or weekly, more than 6 months where possible

Memory Care Services (Dementia Support) (Bham and Sandwell)

Dementia Cafe - Engagement Volunteer

Location	Selly Oak, B31
Schedule	Monthly, 1st Friday of the month
Tasks	• Encourage active participation in activities • Guide conversations and focus • Room setup/down
Requirements	Full understanding of safeguarding
Commitment	Monthly role with 6+ month commitment preferred

Sandwell Carers Hubs and Activity Group Volunteers (general interest)

Location	Sandwell & Great Barr areas
Tasks	• Admin support • Information stands • Peer support groups • Outreach support
Notes	**Roles still being developed; interest welcomed**
Commitment	Regular roles with ideally 6 months to 1 year commitment

Digital Inclusion (Bham and Sandwell)

Digital Health Volunteer

Locations	• Oscott Community Centre B44 0TY
	  ○ Tuesday 12:00–13:30
	• Oldbury Library B69 9SZ
	  ○ Wednesday 11:00–13:00

Tasks	• Support older people with digital skills and NHS/GP online tools • Set up the room for the session • Welcome clients
Requirements	Confident user of hardware and software technology
Commitment	Weekly with 6+ month commitment preferred
Spaces	2 (1 per session)