

## Age UK Birmingham and Sandwell

### Volunteer Opportunities Bulletin - June 2026

#### 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

Location	Head office, B12 0HT
Tasks	<ul style="list-style-type: none"><li>• Assisting with paper forms</li><li>• Assisting with online applications</li><li>• Providing guidance on next steps</li></ul>
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	<ul style="list-style-type: none"><li>• Answering telephone calls and replying to emails</li><li>• Monitoring visitors</li><li>• Filing and photocopying</li></ul>
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: <ul style="list-style-type: none"><li>• Housing benefits</li><li>• Finance</li><li>• Consumer goods, and similar areas</li></ul>
Requirements	Previous experience is essential in similar organizations. Must speak and write in confident English.

#### Activities & Wellbeing (Birmingham and Sandwell)

#### Walking Group Volunteer (in person)

Locations	<ul style="list-style-type: none"><li>• Lightwoods Park<ul style="list-style-type: none"><li>○ Tuesdays 2pm-3pm, café 3-4pm</li></ul></li><li>• Kings Heath Park</li></ul>
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	<ul style="list-style-type: none"> <li>○ Thursdays 11am–noon</li> <li>● West Smethwick Park</li> <li>○ Thursdays 11am–noon</li> </ul>
Tasks	<ul style="list-style-type: none"> <li>● Guide conversation</li> <li>● Signpost support</li> <li>● Encourage health</li> <li>● Assist outreach and promotion for the group</li> </ul>
Ideal For	People interested in health, fitness and wellbeing within the older community
Commitment	Weekly/regular, 6+ month commitment preferred

### Chair-based Exercise Assistant Volunteer

Location	Oscott Community Centre, B44 9TY
Schedule	Weekly, Tuesdays 10:45am–12:15pm
Tasks	<ul style="list-style-type: none"> <li>● Take register</li> <li>● Complete medical forms</li> <li>● Setup/close room, prepare refreshments</li> </ul>
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	<ul style="list-style-type: none"> <li>● Lead teleconference conversations</li> <li>● Take register / report safeguarding concerns</li> </ul>
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	<ul style="list-style-type: none"> <li>● Run quizzes remotely</li> <li>● Use existing sets or create your own</li> <li>● Take register / report safeguarding concerns</li> </ul>
Requirements	Laptop/computer, phone and stable internet is required
Commitment	Weekly ongoing

## Retail

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	<ul style="list-style-type: none"> <li>• Till operation</li> <li>• Stock sorting</li> <li>• Displays</li> <li>• Customer service</li> </ul>
Commitment	Daily or weekly
Spaces	3–5 spaces

## Memory Care Services (Dementia)

### Dementia Cafe - Support Volunteer

Location	Selly Oak, B31
Schedule	Monthly, 1st Friday of the month
Tasks	<ul style="list-style-type: none"> <li>• Welcome attendees and provide refreshments</li> <li>• Guide conversations and deliver activities,</li> <li>• Room setup/down</li> </ul>
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	<ul style="list-style-type: none"> <li>• Admin support</li> <li>• Information stands</li> <li>• Peer support groups</li> <li>• Outreach support</li> </ul>
Notes	Roles still being developed; interest welcomed
Commitment	Regular roles with ideally 6 months to 1 year commitment

## Digital Inclusion

### Digital Health Volunteer (Bham and Sandwell)

Locations	<ul style="list-style-type: none"> <li>• Oscott Community Centre B44 0TY <ul style="list-style-type: none"> <li>○ Tuesday 12:00–13:30</li> </ul> </li> <li>• Oldbury Library B69 9SZ <ul style="list-style-type: none"> <li>○ Wednesday 11:00–13:00</li> </ul> </li> </ul>
Tasks	<ul style="list-style-type: none"> <li>• Support older people with digital skills and NHS/GP online tools</li> <li>• Set up the room for the session</li> <li>• Welcome clients</li> </ul>
Requirements	Confident user of hardware and software technology
Commitment	Weekly with 6+ month commitment preferred
Spaces	2 (1 per session)

## How to Apply

**Please use the application form to apply – <https://forms.office.com/e/NHEVKWzFSe>**

For more information, you can reach us via the below:

**Louise Crowther | Volunteer Coordinator**

Email: [Volunteering@ageukbirmingham.org.uk](mailto:Volunteering@ageukbirmingham.org.uk)

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