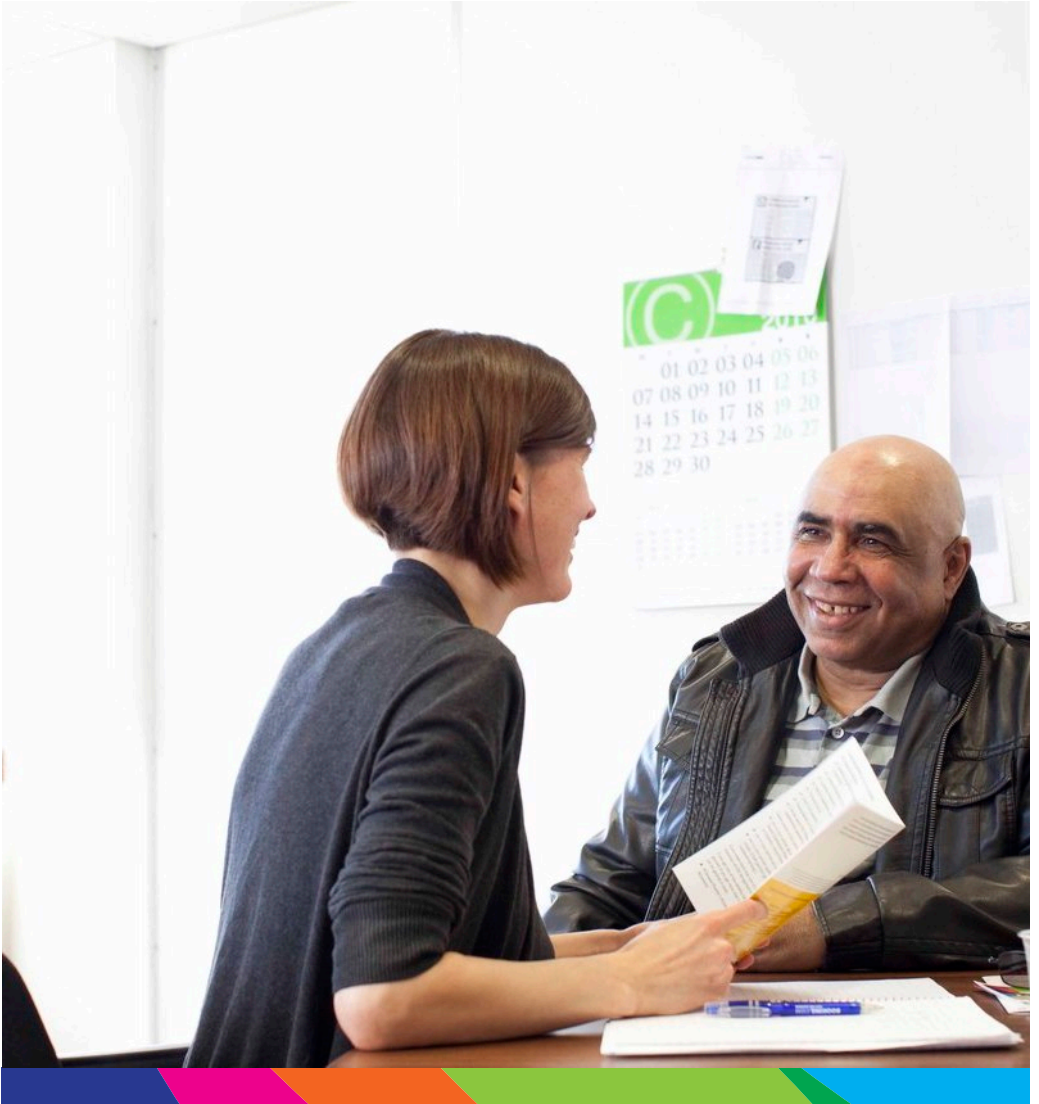


# Volunteering



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# *Volunteer with Age UK Bristol and let us match the skills, knowledge and interests you have with the help we need! Below are just a few of the roles we offer.*

## **Telephone Befriending**

Volunteers make a regular, weekly phone call to an older person. This simple, friendly conversation can make a big difference in helping older people feel less isolated and lonely.

## **Telephone Shopping**

Volunteers make a weekly phone call to an older person and order their supermarket shopping online

## **Information & Advice**

Volunteers provide information & advice to older people via a helpline and face-to-face interviews. The help provided includes assistance with claiming benefits, information on health and social care. We also deliver projects which volunteers can get involved in. Full training is provided.

## **IT Course**

Volunteers run our computer learning courses for older people. We offer beginner and intermediate courses and an introduction to the iPad.

## **Fundraising and Events Organising**

Register as a volunteer with our Fundraising Team, and help us to raise funds and awareness of our services across the City. This could involve organising events and taking part in fundraising activities.

## **New Beginnings Day Centre, Withywood**

Volunteers become involved in a range of activities that encourage daily living skills, e.g. arts and crafts, cookery and physical activity.

## **Admin Assistants**

Volunteers provide general administrative support, for the organisation including filing, sending out standard information and letters to clients and helping with data entry and recording.

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## **Trustees**

Trustees guide and help make key decisions about the work the organisation does. This is an opportunity to put your professional skills into action. Please see our website for more details.

## **Reception/Admin**

Volunteers provide reception cover in the afternoon and also help with administrative tasks including data entry, filing and helping with large mailouts.

## **Frequently Asked Questions**

### **Am I too old?**

No! Age is no barrier. We all have something to offer no matter what our age.

### **Can I get expenses?**

We pay reasonable travel expenses but unfortunately cannot pay for parking at our central office.

### **How much time do I need to volunteer for?**

The amount of time needed is different for each role, and also depends on how much time you have to give.

### **Can I claim benefits while volunteering?**

Yes. Volunteering does not affect your benefits although you may have to let the Job Centre staff know.

### **Do I need any skills or qualifications?**

Most volunteer roles don't require special skills or qualifications and you will be given any training you need.

### **What happens next?**

Once you contact us we will ask you to complete an application form. We will then invite you to an informal interview to discuss the role further.

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## Services for Older People

Age UK Bristol offers many services for older people. For more information on any of our services please visit our website where you will also find more information about volunteering with us.

## Age UK Bristol

Canningford House  
38 Victoria Street  
Bristol  
BS1 6BY

**t** 0117 929 7537

**f** 0117 922 1911

**e** [shamimbaloo@ageukbristol.org.uk](mailto:shamimbaloo@ageukbristol.org.uk)

**[www.ageukbristol.org.uk](http://www.ageukbristol.org.uk)**

Open Monday - Friday, 9:00am -  
5.00pm

