



Sharing Time Volunteering

Could you spare an hour each week to have a chat and a cup of tea with an older person?

"He's got a smile on his face that we haven't seen for ages"

"My Volunteer is terrific, and she is perfect for me"

"It's so rewarding to be a small, but important part of a person's life"

Contact Us

Email: volunteering@ageukcap.org.uk

Tel: **01223 221925**

Our Services

Information and Advice

Finances, Health, Social Care, and much more

Practical Support

Community Wardens

Hospital Discharge and Admission Avoidance

Cambridgeshire Handyperson

Social Opportunities

Day Services and Friendship Clubs

Sharing Time and Telephone Befriending

Get Involved

Volunteering

Fundraising

For more information on any of the above services please contact our Information and Advice Team on:

Tel: 0300 666 9860

Email: infoandadvice@ageukcap.org.uk

We rely on donations to continue to provide services for older people in Cambridgeshire & Peterborough. Your help by way of donation is always greatly appreciated

Visit our website

www.ageukcap.org.uk



Registered with
**FUNDRAISING
REGULATOR**

Registered Charity No. 1165856

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