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# Volunteering Opportunities

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# Volunteering opportunities to make a difference

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Our objectives are to help older people to maintain their independence and health and wellbeing, by providing services that meet individual needs.

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## Contact Us



01354 691 898



volunteering@ageukcap.org.uk



www.ageukcap.org.uk



@AgeUKCAP



@AgeUKCAP



“I love knowing  
**I make a difference**  
and its great fun”



## Volunteering Opportunities



### How will I benefit as a volunteer?

- Develop or gain skills, knowledge and experience
- Enhance your CV; Improving employment prospects
- Make a real difference to an older person's life
- Meet new people and make new friends
- Gain confidence and self-esteem
- Do something rewarding for your community

### What can I expect from volunteering?

- To be respected and valued
- To be invited to opportunities for socialising and learning
- To be supported
- To be paid mileage expenses
- To enjoy a rewarding experience and personal development





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### **Do I need previous experience?**

No - just an interest in the wellbeing of older people and the ability to make a commitment to the service.

### **Interested in volunteering? We have lots of opportunities for you to make a difference.**

- Sharing Time
- Day Services help
- Friendship Club help
- Administration
- Fundraising and promoting awareness

### **How do I become a volunteer?**

- Complete an application form
- Provide 2 references
- Complete a Disclosure and Baring Service check
- Attend an Induction meeting

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## Our Services

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Age UK Cambridgeshire & Peterborough offers a variety of services for older people and their carers.

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### Information and Advice Services:

Including Visiting Support Service for Older People

### Practical Services:

- Community Wardens and Support at Home
- Home Support Service (Housework)
- Cambridgeshire Handyperson Service

### Social Opportunities:

- Day Services & Friendship Clubs
- Sharing Time
- Volunteering

### We also:

- Campaign on issues that affect older people
- Offer **free** talks to clubs and professionals
- Host General Meeting events – providing information, entertainment and opportunities to gather public views and opinions
- Have meeting rooms available for hire in Cambridge and Peterborough



For more details about any of our services, please call us on: **0300 666 9860** or email **[infoandadvice@ageukcap.org.uk](mailto:infoandadvice@ageukcap.org.uk)**

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## Get Involved

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Why not get involved and help Age UK Cambridgeshire and Peterborough to continue providing high quality services to people in later life.

If you have some spare time, there are lots of things you can do, whether you want to give your time by volunteering, take part in a fundraising event, or help with our campaigns, your help would be much appreciated.

- Volunteering
- Fundraising
- Make a Donation
- Leave a legacy

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[www.ageuk.org.uk/  
cambridgeshireandpeterborough/get-involved/](http://www.ageuk.org.uk/cambridgeshireandpeterborough/get-involved/)

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#ProudtobeAgeUK

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Supported by:



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