
Volunteering Opportunities



Volunteering opportunities to make a difference

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

Contact Us



01223 221 925



volunteering@ageukcap.org.uk



www.ageukcap.org.uk



@AgeUKCAP



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



Volunteering Opportunities



What can I expect from volunteering?

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

How will I benefit as a volunteer?

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



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 and Telephone Befriending
- Day Services help
- Friendship Club help
- Administration
- Fundraising and promoting awareness
- More opportunities developing

How do I become a volunteer?

Just give us a call, or send us an email. All enquiries welcome and we can chat to see what opportunity best suits you.

Our Services



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

Information and Advice Services:

Including Visiting Support Service for Older People

Practical Services:

- Community Wardens
- Home Support (Housework & Shopping)
- Cambridgeshire Handyperson Service
- Hospital Discharge and Hospital Admission Avoidance Support

Social Opportunities:

- Day Services & Friendship Clubs
- Sharing Time & Telephone Befriending
- Volunteering

We also:

- Campaign on issues that affect older people
- Offer **free** talks to clubs and professionals
- Hold fundraising events and activities



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



Get Involved

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

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



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Find us on facebook and twitter

Supported by:



Cambridgeshire
County Council



Age UK Cambridgeshire and Peterborough is a charitable incorporated organisation registered with the Charity Commission for England and Wales with registered charity no. 1165856
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