
Sharing Time



Friendship and Support you can trust

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

Contact Us



01733 554 963



sharingtime@ageukcap.org.uk



www.ageukcap.org.uk



[@AgeUKCAP](https://twitter.com/AgeUKCAP)



[@AgeUKCAP](https://www.facebook.com/AgeUKCAP)





Sharing Time



Support is in the form of regular contact from a fully trained volunteer whose aim is to share their time, friendship and help. Contact is usually once a week either by a visit to your home or a telephone call.

A volunteer can offer:

- Conversation - listening and talking.
- Sharing reminiscence - looking at photos.
- Play board & card games, share crosswords & puzzles.
- Read post, help with correspondence and make phone calls.
- Provide a link to other services and support.

A volunteer cannot:

Do housework, shopping or gardening, deal with money or bills or provide any personal care.



What to expect from us:

- A weekly home visit, or telephone call.
- Volunteers who are carefully screened.
- The same volunteer to visit you.
- Personal information to be kept in confidence.
- To be respected and valued as an individual.
- Contact with a named Age UK employee regarding the Sharing Time service.

What we expect from you:

- Notify us of any changes to your circumstances and if you can't keep arrangements made with your volunteer
- Let us have your comments on the service.
- Provide a smoke free environment during visits.
- Refrain from offering money and gifts exceeding £20.00 per year to the volunteer.

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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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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