
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



01354 691 898



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



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



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

How do I become a volunteer?

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

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 and Support at Home
- Homes and Gardens (Housework and Gardening)
- 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**



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



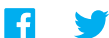
**[www.ageuk.org.uk/
cambridgeshireandpeterborough/get-involved/](http://www.ageuk.org.uk/cambridgeshireandpeterborough/get-involved/)**



Age UK Cambridgeshire and Peterborough

2 Victoria Street,
Chatteris,
Cambridgeshire,
PE16 6AP

Tel: 0300 666 9860
www.ageukcap.org.uk



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Supported by:



Age UK Cambridgeshire and Peterborough is a charitable incorporated organisation registered with the Charity Commission for England and Wales with registered charity no. 1165856
Registered Office: 2 Victoria Street, Chatteris, Cambridgeshire, PE16 6AP.
