

**You can help Age UK Dudley in the following ways:**

**Volunteer in your community**

With many volunteering roles you can give your time to make a difference to the lives of people in later life. For more information tel: 01384 356150.

**You can make a donation to**

Age UK Dudley in a variety of ways:

- Send a cheque made payable to Age UK Dudley
- Donate by mobile phone—text DUQW06 £amount to 70070
- Online - Visit [www.virginmoneygiving.com](http://www.virginmoneygiving.com) to donate by debit or credit card

**Shop online via**

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

**You can help us fundraise**

For more information:

Tel: 01384 357118 or visit our website [www.ageukdudley.org.uk](http://www.ageukdudley.org.uk).



**Our Services**

You can find out more information about all of our services by calling 01384 354508 or visit our website [www.ageukdudley.org.uk](http://www.ageukdudley.org.uk).

**Comments, Compliments or Complaints:**

We welcome all comments and feedback about our Services.

Should you have any queries or concerns please do not hesitate to raise them with a member of staff.

Or contact us:

3 Dudley Court North  
The Waterfront  
Level Street  
Brierley Hill  
DY5 1XP

Email: [mail@ageukdudley.org.uk](mailto:mail@ageukdudley.org.uk)  
[www.ageukdudley.org.uk](http://www.ageukdudley.org.uk)  
Tel: 01384 354508



## Volunteering



## Why Volunteer?

If you have some time to spare, would like to stay fit and active and make a difference to the lives of older people in Dudley, becoming an Age UK Dudley volunteer could be just the answer. As well as helping to deliver services to improve older people's lives, volunteering provides you with a real feel good factor - many volunteers say that volunteering helped to reduce their stress and improve their health and fitness.

Volunteering is a great way to share your life experience and expertise and make a positive contribution in your local community. So why not put your skills to good use, make new friends, or even discover new talents or skills that you never knew you had?



*The most important thing to remember is that Age UK Dudley is committed to making your volunteering experience enjoyable and rewarding.*

## Can I choose what I do?

After discussion with you, we do our best to match your interests and skills with current volunteering opportunities.

## Do I need skills or qualifications?

The majority of our volunteering roles don't require special skills or qualifications, however, we believe in providing appropriate training and guidance so you feel comfortable in your volunteering role.

## Will I get any support?

Volunteers are at the heart of Age UK Dudley and play a vital part in helping us to deliver high quality services. You will become part of the team and be valued and supported by our experienced Project Coordinators.

## How much time will I have to commit?

We will value any time you can give and will aim to tailor your commitment to suit the time you have to offer. Each project is different and so time needed may vary. This may influence the type of volunteering you do.

**If you are interested in volunteering for Age UK Dudley or would like more information, please contact  
René Evans, Volunteer Development Manager:  
tel: 01384 356150  
email: [volunteer@ageukdudley.org.uk](mailto:volunteer@ageukdudley.org.uk)**