



## If you want to help in your community

Thank you for your interest in helping Age UK Gloucestershire provide support and help to older people. As we face these uncertain and difficult times, Age UK Gloucestershire is preparing and mobilising our staff and volunteers to help inform, support and listen to older people, throughout every step of this journey.

Following Government advice, specifically in relation to people in high risk categories for Coronavirus, we have suspended all face to face volunteering activity until further notice. In relation to new volunteering enquiries, the situation is advancing so rapidly that we are unable to process any new volunteering enquiries in a safe and robust way. There are lots of other great ways to get involved, in particular National Age UK has produced this helpful video and training resources on how to take part in 'Neighbourly Volunteering' which is the quickest way to have a huge impact on isolated older people in your local area - have a look here and give it a try!

<https://www.ageuk.org.uk/get-involved/volunteer/neighbourly-volunteering/>

For resources and information specific to Gloucestershire, please monitor our website

<https://www.ageuk.org.uk/gloucestershire/> for the latest from us.

As well as individual efforts, we know that there are lots of community groups which have set up already, and there is a website here <https://covidmutualaid.org/> which is a register of local groups which have self-mobilised to support their local areas. We are working with many of these groups to share our experience and offer advice and guidance around supporting older people to make sure they're operating safely. If you want to get involved, please have a look at what is already set up in your area and join in with like-minded local volunteers. If there is nothing local to you and you are keen to set something up, you can contact our Community Engagement Manager, Chris Walker for advice, by emailing [CWalker@ageukgloucestershire.org.uk](mailto:CWalker@ageukgloucestershire.org.uk)

Additionally, Gloucestershire County Council have set up a 'Help Hub', which matches offers of help to those who need it, you can find this here <https://www.gloucestershire.gov.uk/gloucestershires-community-help-hub/>.

A great way to offer support, is to make a donation to help keep our emergency helpline running. We are supporting people in immediate crisis and your donation will help enable our team to conduct in depth welfare calls and to support our new Freephone Friendship Line for isolated older people.

You can do this online [here](#) or donate by text via DONR. Just text AUKG followed by the amount you'd like to donate (eg AUKG10) to 70085. This will cost the donation amount, plus a standard text message.

Thank you again for getting in touch, and if you have any other questions or know an older person who doesn't know where to turn, please do contact our [Help Team](#) on **01452 422660**