



# Newsletter



## Meet Paul Franc Volunteer & Trustee



**Paul is one of our Trustees but also visits 2 clients as a Befriender & provides support as a Bereavement Service Volunteer.**

**Paul has been a Volunteer & Trustee for 5 years. He chose Age UK Hertfordshire because he has an affiliation with the senior citizens and wanted to help when people become isolated and lonely. He says the best thing about becoming a Volunteer is "listening to the experiences of others as it is so very interesting and some of the stories are quite amazing and inspiring. People love to tell you! It may only be an hour for the volunteer but for the other person, it may be a highlight of the week, something they look forward to".**

## VOLUNTEER FOCUS GROUP

**We are looking to start a Volunteer Focus Group in the New Year.**

**This is a wonderful opportunity for Volunteers to get involved with enhancing the Volunteer experience and to share your voice.**

**To express your interest, please email:  
[Volunteering@ageukherts.org.uk](mailto:Volunteering@ageukherts.org.uk)**





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## Check Mate! Meet Bram – Visiting Volunteer

**Bram (on the right) visits his client who has vascular dementia every week and they enjoy playing a game of chess as well as having a mutual interest in Eastern Philosophy. Bram has yet to win a game of chess as his client is really good.**

**"I really enjoy my visits from Bram. Enthusiasm in playing chess, having great conversation about science, technology and philosophical ideas is fantastic stress relief. He's very good, we get on really well. Thank you".**



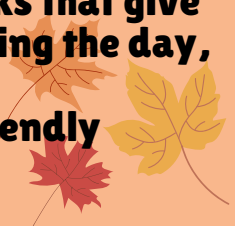
## HERTFORDSHIRE HEALTH WALKS

**Hertfordshire Health Walks have announced their new timetable on their website for September – December 2024.**

**There are a range of walks for all fitness levels. They are wonderful walks that give people who may be a little bit lonely a reason to get out of the house during the day, meet with others and go on a walk in the company of others.**

**Please signpost your friends and family to our fabulous walks led by friendly volunteers. Walks range from 20 minutes up to 90 minutes.**

**For more information on walks in your area,  
call: 01992 555888 Office hours: 9 – 11.30am and 2–3pm, Monday to Friday  
Email: [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk)**







## **Volunteer Christmas Celebration Events**

**Monday 2nd December Cheshunt &  
Watford  
2pm – 3.30pm**

**Tuesday 3rd December  
Hemel Hempstead  
2pm – 3.30pm**

**Wednesday 4th December  
Welwyn GC  
11.30am – 12.30pm**

**Thursday 5th December  
St Albans  
2pm – 3.30pm**

**MORE DETAILS TO FOLLOW SOON**

