

**Ways To Wellbeing Volunteer**

**Overview**

The Ways to Wellbeing service offers volunteers the opportunity to improve the quality of life of older people by supporting them to increase their social connections, be more physically active, find new hobbies, learn new skills or become more involved in their local community.



**What does volunteering involve?**

Being a volunteer offers a fantastic way to put back into your community and support someone nearby in need of help. The level of support you wish to commit is entirely your choice - as little as half an hour a week can make a big difference in the life of an older or vulnerable person.

Some of the volunteering options available are:

* 1-1 support
* Group and Activity Support (eg. walking, exercise, creative & community)
* Volunteer Driver
* Digital Support
* One off event Support

We are looking for volunteers who can support our Ways to Wellbeing Project by:

* Visiting / telephoning a client regularly to allow time to build a fulfilling and lasting relationship
* Doing small activities together
* Helping them get out or attend groups if they choose
* Building the older person’s confidence to help them live safely and well alone
* Volunteers will not be giving personal care or shopping





**Can you help?**

* A caring, sensitive manner and a non-judgemental approach.
* Patience, tact and empathy
* Ability to understand and maintain professional boundaries
* Reliable / dependable / flexible
* Understanding of confidentiality (working with Age UK Leeds policies and procedures).
* Good listening and communication skills



**Volunteer Commitment**

All Age UK Leeds volunteers are offered a full induction. Volunteers also have access to training, informal supervision, briefings and opportunities to participate in social events. Age UK Leeds will provide specific training on Safeguarding, Professional Boundaries and anything relevant to the role.

All agreed out of pocket expenses such as travel costs will be met by Age UK Leeds.

**We offer:**

* support and training
* work experience
* opportunity to develop new skills and interests
* chance to meet new people
* an opportunity to contribute to and be part of an established organisation specialising in the knowledge and understanding of the older people of Leeds

If necessary for the role being undertaken, a full DBS will be completed, which we will organise, and references received before commencement.



**How to apply**

**To find out more about volunteering with the Age UK Leeds Ways to Wellbeing Project please email:**

**W2Wvolunteers@ageukleeds.org.uk**

**Or call:**

**Liz Hargreaves: 07498756963**

**Mimi Duric: 07562437042**