

Below is a list of the volunteering opportunities available at Age UK Lincoln and South Lincolnshire. This is to be used as guide to help you think about what roles you would enjoy.

For more information please contact the Volunteer Department on 01522 696 000 or email volunteering@ageuklsl.org.uk

Please note that not all opportunities are available all the time and are subject to availability.

Volunteering role	Overview	Location	Time Commitment
Activities Volunteer	Volunteers run and support a range of activities at our centres. Dancing, Knitting, Languages, Bowls, Handicrafts and Bingo are just some of the groups that take place.	Park Street, Lincoln or Lincoln Lane, Boston	Activities operate daily in our centres
Advocacy	Advocacy can be vital for people who cannot speak up for themselves, or people who feel that they do not have the power to do so. Volunteers help by promoting this service through attending events, distributing publicity and visiting groups.	Countywide	Flexible
Administration	Supporting the Volunteering team with day to day admin tasks. Volunteers need to have excellent IT skills, and a confident telephone manner.	Park Street, Lincoln or Lincoln Lane, Boston	10 – 2pm on a mutually agreed day of the week
Allotment Volunteer	Supporting the charity to have home grown vegetables to serve in our restaurant in Lincoln. Volunteers will enjoy the outdoors and like keeping active.	Lincoln	Wednesdays 10am -1pm
Befriending in the community	Offering friendship and companionship to an older person in their home on a regular basis. Regular communication between the volunteer and Befriending team is vital to support our clients.	Lincoln and Boston areas	Minimum of 1 hour a week Monday - Friday
Telephone Befriending	Making a weekly friendship call to an older person, who may be feeling lonely and isolated. You will have a confident and friendly telephone manner.	Park Street, Lincoln	Monday – Friday between 10am-2pm
Events and Community Engagement	Supporting the charity at events in the area on an as and when basis. You would be attending events organised by the charity in your local area, as well as helping with the preparation and set up.	Lincoln & South Lincolnshire	Flexible

Information and Advice Receptionist	Supporting the charities flagship service by helping our clients with simple Information and Advice queries and making appointments for them to see one of our trained Information and Advice Officers. These queries will be face to face and by telephone.	Park Street, Lincoln or Lincoln Lane, Boston	Shifts between 9am-4pm Monday to Friday
Kitchen Assistant	Supporting the kitchen staff in providing meals in a busy restaurant. The role includes light food preparation, pot washing, and plating up meals for our customers.	Park Street, Lincoln	Shifts between 9am-3pm Monday to Friday
Lunch Club Assistant	This role will be to offer support (none caring) to the Lunch Club members while they at the centre.	Park Street Lincoln Boston	Monday, Wednesday and Friday 11-3 Last Thursday of the month
Reception Volunteer	As a reception volunteer you will meet many of our visitors face to face, you will have a confident telephone manner and enjoy meeting and greeting members of the public.	Park Street Lincoln or Lincoln Lane, Boston	Shifts between 9am-4pm Monday to Friday
Restaurant Volunteer	Working as part of the front of house team in a busy restaurant. Role includes using the till, taking orders, serving meals and keeping the restaurant clean and tidy.	Park Street, Lincoln	Shifts between 9am-3pm Monday to Friday
Retail Volunteer	Volunteering in our charity shop involves, steaming, sorting donations, merchandising serving customers using a till and promoting Gift Aid	Newark Road, Lincoln Boston	Shifts between 9am-4pm Monday to Saturday
Outreach Centre Volunteer	This role involves interacting with customers attending the day centre. Helping to serve lunches play games and give companionship.	Eccleshare Court, Lincoln	Shifts between 10am-3pm Monday to Friday
Silver Surfer	Supporting older people on a one to one basis with IT related queries, this varied role will involve helping people to gain confidence using the internet, mobile phones, or tablets. You will have good knowledge of IT and be a great communicator.	Park Street, Lincoln and Lincoln Lane, Boston	Monday to Friday times to be agreed