

Volunteering with Age UK Malvern and District

Lockdown restrictions are starting to lift, but for some of our older residents the impact of the coronavirus is likely to continue for some time and volunteers will be needed in the weeks and months ahead. Therefore, Age UK Malvern is looking to build its volunteer base so we can respond to changing needs and help as many people as possible return to everyday life. However, we cannot yet re-start all our activities so not all these opportunities are immediately available, but please get in touch and we can plan for the future.

Here are some of the ways you could work with us.

Footcare

A really important role to help with minor foot care – simply tasks you might do yourself at home including nail clipping, cutting and filing – for those who can no longer do it themselves. Full training will be provided, and you will be supporting an essential service which is urgently needed, especially after all these weeks of lockdown.

Help in our shops

Meet new people, help us raise funds and have fun while volunteering in our charity shops in Great Malvern or Tenbury.

Befriending

Could you be a friendly contact for an older person? You can make a positive difference to an individual and enjoy some conversation yourself. You might be in touch by telephone, video call or, when the time allows, in person.

Supporting dementia carers

Could you spare some time to befriend a person with dementia so that their carer can take an often much-needed break to re-charge their batteries?

Bereavement support

This is a specialist part of our befriending service. Could you support someone facing bereavement at this particularly difficult time? We have teamed up with St Richard's Hospice and will develop training to support volunteers.

IT tutor

Reaching out to others using technology has never been more important. Would you like to share the joy when you help an older person learn new skills or connect with family and friends using new technology?

Community liaison

Could you help an older person navigate the many support and activity options available to them? Would you like to be a point of contact for Age UK in your community to help ensure residents get

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the information and advice they need to enjoy life at home to the full. A really rewarding role to help local people for someone who enjoys meeting people.

Social activities

We've all realised the value of meeting people face to face during the pandemic – could you volunteer at one of our social events to allow us to bring people together for chat, exercise, music, walking and more? Some who have been in lockdown for many weeks might be worried about heading out, so we want to support them to return to everyday activities.

Drivers

Could you help with transport? We need mini-bus drivers to bring people to our social activities but also to help people getting to appointments if public transport is not an option, particularly to go to hospital or visit their GP.

Leaflet delivery

Some communities have excellent local groups in place ready to help them with coronavirus-related problems – but some do not. We'd like to reach out to people in those communities and let them know that Age UK is there to help them.

Operations and Administration Support

We are looking for people to help us co-ordinate our annual yearbook and local traders directory – a valuable resource for many older residents - and others to help with social media work.

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