



Volunteering Opportunities for October 2025



You can make a difference to the lives of older people in Nottingham and Nottinghamshire.

People of all ages and all walks of life volunteer for Age UK Nottingham & Nottinghamshire and we couldn't do our work without them. Below are all the volunteering opportunities that the charity currently offers.

Role Title	Charity Trustee
Location	Nottingham/Home Based
Time Commitment	There are 4 board meetings each year based in Nottingham which are held on the third Thursday of October, January, April and July, with expected reading and preparation time beforehand. There may also be specific occasions where Trustees are required to attend events and get to know charity services through face-to-face visits and/or online discussions.
Tasks	Our Trustees are the people who lead the charity and decide how its run. The tasks you may be involved in include: • To act in the best interest of Age UK Notts, maintaining the professional integrity of the charity, whilst dealing with other bodies and individuals • To comply with Age UK Notts governing document and the law • To be willing to challenge and raise concerns and to also ensure Age UK Notts is held accountable • To manage Age UK Nott's resources responsibly and to act with reasonable care and skill • To act as an ambassador for Age UK Notts and the wider Age UK network and to safeguard the good name and values of the charity • To have a positive commitment to, and actively promote Age UK Notts' Equality, Diversity and Inclusion policy • In addition to the above statutory duties of all trustees, each trustee should use specific knowledge or experience they may have to help the board of trustees reach sound decisions.
Skills / interests needed	The Charity Trustee role, is open to all those who are either a trained lawyer or who have a strong legal background due to the skill gap we are looking to fill on our board of Trustees, and in addition must have: • Integrity • A commitment to the Charity • An understanding and acceptance of the legal duties, responsibilities and liabilities of trusteeship • Strategic Vision, good independent judgement and a willingness to speak their mind • An ability to work effectively as a member of a team • A willingness to devote the necessary time and effort to their duties as a Trustee
Process	***Please contact volunteering@ageuknotts.org.uk for further information, and the link to the Trustee application form (which is different from the application form on our website)***
Training	Induction plus training specific to the role

Role Title	One off/casual Event Volunteers
Location	Anywhere across Nottinghamshire where events are being held
Time Commitment	On an irregular basis, as and when required. Availability during evenings and weekends would be helpful.
Tasks	• Supporting with bucket collection donations at a local theatre/event • Supporting with handing out leaflets at a local event Age UK Notts is represented at • Welcoming guests to Age UK Notts local events • Helping staff to host Age UK Notts local events– eg making and serving refreshments • Helping staff to set up before and clear away after a local Age UK Notts event
Skills / interests needed	• Individuals with a positive/can do attitude • Individuals who enjoy helping others • Individuals who are willing to help out at short notice • Individuals who are confident in chatting to others • Individuals who have a genuine interest in older people
Process	Please email volunteering@ageuknotts.org.uk with your name, contact details and whether you are happy to be contacted to support all future Age UK Notts events.
Training	None

Role Title	Companion Service Volunteer
Location	Supporting people in their own homes and in the community within Nottingham and Nottinghamshire.
Time Commitment	Ideally, we ask all applicants to provide a minimum of 1 hour volunteering a week. <i>We are looking for volunteers with good daytime availability in specific areas of Nottingham and Nottinghamshire which are currently NG2, NG3, NG4, NG5, NG6, NG7, NG9, NG14, NG15, NG16, NG18, NG19</i>
Tasks	The companion service volunteer can choose to be: • A companion within the person's home • A companion outside the person's home • Or a combination of both Examples of the type of support the service offers include: • Supporting an older person/s hobbies and interests or simply chatting with them in their own home on a regular basis. • Supporting with digital access & building confidence skills & motivation to access the opportunities of the internet. • Supporting the person outside of their home e.g., by accompanying them on a walk, to the shops, to a café, garden centre, theatre or cinema or other social activities / community groups. • Where appropriate, supporting the older person to access other services through information and signposting or referring to the Companion Service Coordinator for support.
Skills / interests needed	• Individuals with an interest in the wellbeing of older people who are committed to volunteering regularly. • Commitment to complete our Volunteer Report Form accurately and regularly. • Ability to travel for visits in the local community either by car or public transport for those volunteers who choose to participate in this type of activity. • Digital literacy for those volunteers who choose to participate in this type of activity.
Process	Application Form, Interview, References will be taken, and a DBS check (the level of which will be dependent on the tasks you are involved with)
Training	Induction plus training specific to the role

Role Title	Companion Service Volunteer (Digital)
Location	Supporting people in their own homes in Mansfield and Sutton in Ashfield We require volunteers who can travel to individual addresses either by car or public transport. **Please note that we do offer reimbursement of travel expenses as defined in the Age UK Notts Volunteer Handbook
Time Commitment	Volunteering will be on an ad hoc basis to meet the needs of the older person that you are supporting along with considering your availability.
Tasks	The purpose of this role is to provide personalised digital/IT support to older people to gain or improve technical skills and to become digitally included. This may include but is not limited to supporting with digital access & building confidence skills & motivation to access the opportunities of the internet. This may also include using pre-existing templates and resources, and creating personalised sessions plans for individual clients to support them to meet their goals.
Skills / interests needed	• Individuals with an interest in the wellbeing of older people who are committed to volunteering. • IT literate with good digital skills • Individuals who can work with learners with different levels of knowledge and skill • Excellent interpersonal skills. • Commitment to complete our Volunteer Report Form accurately and regularly. • Ability to travel to visits either by car or public transport.
Process	Application Form, Interview, References will be taken, and a DBS check
Training	Induction plus training specific to the role

Role Title	Dementia Support Volunteers
Location	The Sybil Levin Day Service is located approximately 3 miles outside of Nottingham City Centre (NG8 6AD) and is easily accessible by car, bus, and tram.
Time Commitment	A minimum of either one morning or one afternoon on a weekly basis. We are particularly looking for volunteers on a Monday, Tuesday, Thursday and Friday
Tasks	The Sybil Levin Day Service is a specialist SPECAL-Led (http://contenteddementiastrust.org/what-is-the-specal-method/) day service supporting people with dementia and their carers using the SPECAL method. The tasks you may be involved with include the following: • Assisting centre attendees to engage in activities • Serving meals and drinks. • Helping to set up and clear away activities • Engaging in conversation with centre attendees.
Skills / interests needed	• People with a genuine interest in the wellbeing of people with dementia. • A friendly, sensitive and kind approach. • Being comfortable in small groups or on a one-to-one basis. • People with a commitment to always using the SPECAL method whilst at the centre. • Whilst not essential, we are also looking for volunteers who can: Play the piano, Play snooker, Play dominoes
Process	Application Form, Invitation to an immersive session at the Sybil Levin Day Service, References will be taken, Basic DBS Check. <i>NB: This opportunity is not open to student volunteers.</i>
Training	Induction plus training specific to the role You will also need to attend mandatory online 1-hour SPECAL training prior to commencing your role

For more information about any of these roles, please contact:

Vicky Pearce (Volunteering Co-ordinator)

Tel: 0115 8414 464 and 07872 839577

Email: volunteering@ageuknotts.org.uk