

There are many reasons people Volunteer with us.



Locally there are an increasing number of older people who need our help.

**We can only provide the services that we do with the support of people like you.**

**Please get involved and apply to volunteer.**

For more information please call 01823 345627,  
email [volunteers@ageuksomerset.org.uk](mailto:volunteers@ageuksomerset.org.uk)  
or scan this code ->



We have a range of opportunities, and whatever you choose to do, by donating a little of your time you could make a big difference to the lives of older people in Somerset and North Somerset.

**Age is not a barrier and no experience is necessary.**

We offer all necessary training and provide continuous support and we will cover out of pocket expenses.

## What we need your help with

### **‘Ageing Well’ - our fun physical activity sessions**

Become an Ageing Well Volunteer and you'll be bringing a group of older people together for regular, fun, sociable activity sessions. You will be trained as a 'Flexercise' leader and don't worry, you do not have to be super fit and no previous experience is necessary!

Flexercise is a gentle chair based activity session incorporating fun and activities with equipment and much laughter! The aim of the sessions is to keep older people active and connected and improve both physical and mental wellbeing.

After training we would work with you in organising a session for you to lead in a venue local to you. We would provide ongoing support.

For this role we ask you to spare an hour or so each week after training, and have a good sense of humour.



### **Fundraising**

Volunteers either help us at our events, or we help them to organise and run events of their own. What you do will depend very much on how much time you can spare and your interests. This flexible role can be very satisfying. We will support you every step of the way and every penny you raise will help us to deliver our vital services.

## Information and Advice

Last year our Information and Advice Volunteers helped improve older people's lives by assisting them in claiming more than £3m in the benefits that they were entitled to. This can make a huge difference in reducing financial anxiety.

In the I&A volunteer role you will support clients with practical help, for example, visiting them at home to help fill out forms. Our I&A volunteers tell us that contributing to a successful claim can be very satisfying and they also report how much they enjoy meeting new people and how they like the feeling of being useful and keeping their brains active!

As an I&A Volunteer you would receive all necessary training and regular refresher sessions. At the beginning you would be accompanied by an experienced Volunteer until you felt confident enough to go out by yourself. This opportunity suits someone who is good with paperwork and well organised. In terms of time commitment this role is very flexible.

Once trained you would receive details of a possible assignment in your local area as and when they come up. You can say 'no' at any time and make appointments that fit in with you.



This 'free-to-client' service covers the whole of Somerset and North Somerset. Understandably demand is high so we are always looking for volunteers to help!

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## Office Support

Do you have experience of using a computer? Are you comfortable on the telephone? Your valued help could enable our services to run more smoothly! The Office Support volunteering role is varied and tailored to you, eg, you may wish to help in a particular area or service depending on your skills and interests. Our office is a friendly environment and unlimited coffee or tea is available! Full training will be given and you will be supported at all times by a member of staff.



Our Volunteers make such a difference  
to the lives of our local older people.

We would love to welcome you to the team.



## Age UK Somerset and our Volunteers

We have a team of approximately 350 Volunteers who make a huge contribution to Age UK Somerset. By working together we can get closer to reaching our aim of making later life a fulfilling and enjoyable experience for all older people across Somerset and North Somerset.

Volunteers are at the heart of our organisation.

All Volunteers receive role-specific training, on-going support, and have their travel expenses reimbursed. We cherish our Volunteers and do our best to keep them happy. We organise events to say thank you and we arrange social events to provide an opportunity for those who wish to meet and talk to other Volunteers.

**If you have any questions or would like an  
Application Form, please don't hesitate to contact us:**

The Volunteering Team, Age UK Somerset, Ash House,  
Cook Way, Bindon Road, Taunton, Somerset TA2 6BJ

**Telephone: 01823 345627 Text msg: 07702 688329**

**email: [volunteers@ageuksomerset.org.uk](mailto:volunteers@ageuksomerset.org.uk)**

**or visit: [www.ageuksomerset.org.uk/volunteering/](http://www.ageuksomerset.org.uk/volunteering/)**

