

If you'd like to become a volunteer with Age UK Sunderland, please detach the slip below and send it to the address given at the bottom of this page. Volunteers are needed in all areas of the city. To discuss the volunteering opportunities available, contact us at any of our offices below.

Title:	Initials:	Surname:
Address:		
		Postcode:
Tel:	Date:	

Sunderland – Bradbury Centre

0191 514 1131
enquiries@ageuksunderland.org.uk

Hetton – Hetton Centre

0191 553 6619
hetton@ageuksunderland.org.uk

Houghton – Houghton Library

0191 561 6385
houghton@ageuksunderland.org.uk

Washington – The Galleries

0191 416 8608
washington@ageuksunderland.org.uk



Age UK Sunderland

Bradbury Centre
Stockton Road
Sunderland SR2 7AQ
t 0191 514 1131 or 0191 514 8335
e enquiries@ageuksunderland.org.uk
or volunteering@ageuksunderland.org.uk
www.ageuksunderland.org.uk

Age UK Sunderland is a registered charity number 1086995. IDBB418 02/12



The new name for
AGE Sunderland
Concern

Could you be a volunteer?



Age UK Sunderland provides a number of volunteering opportunities to suit people with all types of skills, interests and experiences.

Volunteering with us

Our projects are varied and range from information and advice, to befriending and catering. We are certain that whatever interest, skill or time you have to give, one of our projects would benefit from your contribution.

You can help us with:

- administration
- befriending
- supporting
- catering
- driving
- IT skills
- marketing
- retail.

If you're excited about the prospect of becoming a volunteer with Age UK Sunderland, please contact one of our offices. Contact details can be found on the back page.

Help others and yourself

Volunteering is good for you. It makes you feel good. And if you feel good, you pass on your positive energy to those you are helping.

If you'd like to become part of our team of more than 350 volunteers, we will provide an induction, training, and will also cover your expenses.

Volunteering with Age UK Sunderland offers you the chance to:

- have fun
- learn new skills
- share your knowledge
- enhance your CV
- stay active
- make new friends
- be part of a team
- make a difference.

We are always in need of volunteers. Please join us in making a positive difference to the lives of older people.



About Age UK Sunderland

Age UK Sunderland is a local, independent charity working and campaigning on issues that affect all older people in Sunderland, including Hetton, Houghton and Washington.

Our mission is to promote the well-being of all older people throughout the city of Sunderland, improve their quality of life and help them to maintain their independence.

We run around 29 different projects and help more than 2,500 people each week. However, none of this good work would be possible without the valued help and support of all our volunteers.

Comments

'Becoming a volunteer with Age UK Sunderland helped me after my husband died.'

Joan, telephone service volunteer

'When I retired I needed something to fill my time.'

Carol, telephone service volunteer

'I am still active and I don't want to become idle.'

Friendly Faces visitor, aged 82

'I enjoy helping older people. They have so many things to teach me.'

Student, aged 20, helping with Social Focus.