

VOLUNTEER NEWS

We are delighted to introduce our new Keeping in Touch (KIT) Coordinator Joanna Procopis. Joanna took up her appointment at the end of March and is now settling into her role and looking forward to developing the service.

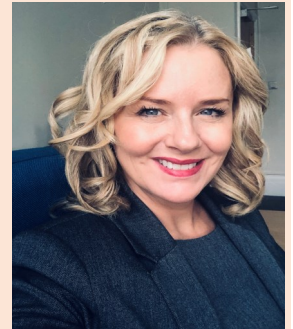


Joanna is responsible for both the Telephone Befriending Service and the Friendly Faces Visitation service.

She is busy getting round all volunteers with the KIT service to introduce herself personally and get to know you so if you haven't heard from her yet you soon will. Joanna has joined Age UK Sunderland because she is passionate about helping to alleviate the loneliness and isolation so many older people face. She has plans to drive the service forward and is looking forward to working with our tremendous team of volunteers to make this happen. Joanna has lived in Sunderland all her life and is a proud mother to Joe and Harry. Away from work Joanna enjoys spending time with her family camping and walking her dog, Poppy. She is also an avid Sunderland AFC supporter and attends the matches whenever she can. In the warmer weather Joanna enjoys swimming in the sea at Seaburn.

Joanna is looking forward to getting to know our volunteers and to also welcome any new volunteers. She can be contacted on 0191 5148335 or at joannaprocopis@ageuksunderland.org.uk

A big **thank you** to all of our Volunteers from our Director, Tracy Collins



Through the work of our volunteers, our clients are better able to:

- Improve or maintain their independence for longer.
- Feel less socially isolated and lonely.
- Improve or maintain their health and well-being.
- Make informed choices.
- Feel more safe and secure.
- Enjoy a better later life

Volunteer Coffee Morning

*Our next volunteers coffee
morning will be held on*

**Thursday 22nd June
the Bradbury Centre
Sunderland
Call in anytime
between 11am and 1pm**



Look forward to seeing you there!

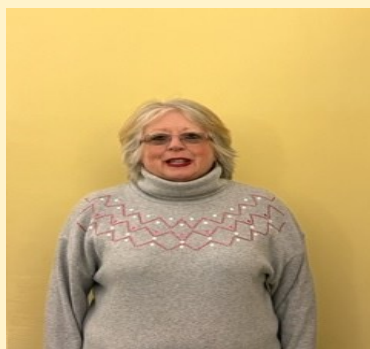
The Bradbury Centre, Stockton Road, Sunderland, SR2 7AQ Phone: 0191 5141131

Remember to visit our website: www.ageuk.org.uk/sunderland/

& Facebook, Twitter and Instagram pages for regular updates on our services (Search Age UK Sunderland)

Volunteer Profile - Sheila Pittendreigh

Community Support Clubs

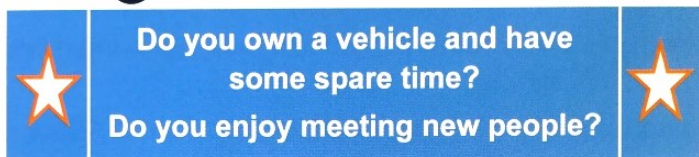


Sheila has been an active volunteer for Age UK Sunderland since April 2022 and helps out in the day clubs.

Sheila lived in London for many years but then decided to give up the

hectic London life and move to Sunderland. After retirement, Sheila very soon got bored and approached Age UK Sunderland to volunteer. Sheila runs 2 lunch clubs and often fills in at other centres when needed. Sheila has made lots of friend's during her time here and hopes this will continue for a long time! Thank you Sheila for your valuable contribution to the elderly in Sunderland!

If you would like to volunteer with Age UK Sunderland please call 01915 148330 or email Volunteering@ageuksunderland.org.uk



Would you like to be part of a dedicated team passionate about empowering older people to stay engaged in their local community and access amenities?

If so, Age UK Sunderland Dial a Driver volunteering could be for you.



Our Dial a Driver service is a lifeline for many older people by providing a door to door transport service which promotes independence and prevents loneliness and isolation, helping people:

- To attend important GP or hospital appointments
- To visit a loved one in hospital or a care home.
- To see friends or family.

If you would like to join our team of volunteers and take advantage of this rewarding opportunity please contact us on

0191 5148339

or email volunteering@ageuksunderland.org.uk

Volunteer Profile - Jade Smith

Keeping in Touch Friendly Faces

"From being young I always known that I wanted to work in a caring role. Since leaving college at 18 I have worked as a care assistant in two different care homes, an activity coordinator and a support worker for the elderly in an assisted living facility.

Working in care is very rewarding and fulfilling to me, and I wanted to pursue my passion for making a difference to the lives of the elderly outside of work as well, which is why I now volunteer for Age UK in my spare time.

I recently took part in Age UK's Run Your Age in memory of Gloria, a lady I had the pleasure of supporting for 2 years when I worked in a care home in Sheffield. Gloria was an incredibly interesting and inspiring person. I loved sitting with her at the end of my shifts and listening to her amaz-



ing stories. She used to tell me all about her days working as a nurse, living in America, volunteering, becoming the manager of a care home and even flying a plane!

Gloria was also a very talented artist, and showed me all of the beautiful landscapes she had sketched. She was a mesmerising personality and I had an incredible amount of respect for her. Not long after I moved to Sunderland, I had the unfortunate news that Gloria had sadly passed away, aged 94, and I was devastated. Gloria was definitely an inspiring person; thinking about her appreciation and friendship makes me remember why I love working with older people so much.

Taking part in Run Your Age enabled me to raise **£205** for Age UK, and between the 1st and 31st of January I completed the full 21km! I know I will have made her proud.

Now I volunteer for Age UK Sunderland's Keeping in Touch Friendly Faces service and I visit two clients each week which I am thoroughly enjoying."

Well done Jade that was a magnificent!

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