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

Volunteering with us

Whatever interest, skills or time you have to give, we are certain that one of our projects will benefit from your contribution. We have almost 350 volunteers helping us in many services including:

- befriending & telephone befriending
- advocacy
- dial-a-driver
- advice services
- lunch clubs and day clubs
- supporting people with dementia
- administration/office work
- fundraising

and many other services, just let us know what skills you have to offer!

A little time can make a big difference

Even if you can spare a couple of hours a week you can make a big difference to the lives of older people in Sunderland. You can give as little or as much time as you wish, most of our volunteer's average 2- 4 hours per week.



Help others and help yourself

Volunteering with Age UK Sunderland is a great experience. We recognise that people volunteer for many different reasons, whether it is to share your knowledge and skills, stay active, make new friends, or enhance your CV, volunteering will help you. We will provide an induction, on-going training and we also cover your expenses.

Because all of our volunteers are in contact with vulnerable adults, it is very important that everyone has a valid Enhanced DBS (Disclosure & Barring Service) Certificate. The application is completed online and is free for volunteers. We also arrange ongoing training throughout the year

Comments

"I enjoy transferring my I.T. skills to the older generation and I learn so much too." Sajeedah

"It has been a lifeline for me, I have made so many friends and met so many people." Sheila

"I feel I have the energy and time to help others who are maybe not so active." Michael

"As a fresh university graduate, volunteering at age UK Sunderland allowed me to put some of my academic knowledge into practice."
Vlad

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

Washington-The Galleries

0191 416 2472
washington@ageuksunderland.org.uk

Hetton-Metcalf Centre

0191 526 9274
coalfields@ageuksunderland.org.uk



Age UK Sunderland

Bradbury Centre
Stockton Road
Sunderland SR2 7AQ
t 0191 514 1131 or 0191 565 9045
e enquiries@ageuksunderland.org.uk
or volunteering@ageuksunderland.org.uk
www.ageuksunderland.org.uk

 www.facebook.com/pages/Age-UKSunderland/208972532622

 @AgeUKSunderland or <https://twitter.com/AgeUKSunderland>



Would you like to join our team of dedicated volunteers?

