



# Activities & Groups

## Volunteer

Minimum commitment: From 1 hour a week, depending on activity  
DBS and training provided

### **We will provide training and support to enable you to:**

- Provide a warm welcome to our clients and the public
- Help staff with the running or set up of our groups, activities or events
- Support our clients to engage with an activity, or to share their thoughts and experiences in our peer support groups
- Submit feedback and pass on any questions or concerns.

### **Does this sound like you?**

- Enjoy meeting new people in a one-to-one or group setting
- Friendly and approachable
- Patient and empathetic without judgement
- Good communication and listening skills
- Able to complete feedback forms
- Willing to complete training on key topics (such as confidentiality and safeguarding), and commit to the values and policies of Age UK Sutton (including holding appropriate boundaries).

### **To apply:**

<https://www.ageuk.org.uk/sutton/get-involved/volunteer/application-form/>

You can also contact us or enquire at reception for a paper application form.

[www.ageuksutton.org.uk](http://www.ageuksutton.org.uk)  
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