



Volunteering with AUKWSBH

What can you bring to us:

We're known for our excellent work with older people and we realise that volunteers bring something very special to us. Your life skills, energy and experience help to create a wonderful atmosphere in our centres, hubs and community services across West Sussex and Brighton & Hove.

With your background, we always want to hear from you and we have a selection of amazing volunteering roles in the Shoreham, Sompting & Southwick area that you may be very interested in hearing about. Examples being; helping in the kitchen and serving food, bingo calling, supporting our warm hubs and assisting with staff led activities but more importantly, having the time to give to older people so that they have someone to talk and connect with. Our work locally helps people maintain their independence at home and connect with their local community, and as an ageing population, we're needed more than ever. Sadly, many older people have no one else but us; therefore, these roles can be incredibly rewarding.

How will we support you:

We offer plenty of training and support to our volunteers. Additionally, you'll receive invitations to participate in volunteer meetings and events, providing excellent opportunities to socialise with fellow volunteers throughout the organisation. These gatherings serve as open forums where ideas and suggestions can be collaboratively discussed.

Induction and training:

There is an induction program to go through and we will take you through that process. You will be giving in house training to enable you to carry out the role effectively and be able to do so with confidence.

What you will get out of volunteering:

- Meeting others, having fun and a sense of fulfilment.
- Be part of a growing team and being involved in a vital service out in the community.
- If you are looking for a job, we can give you some experience and knowledge in the role to either build up your skillset or use to apply for a paid job whether you have worked in this setting before or not. Also, our charity emblem looks good on any CV and we can also give you a written reference.
- You will be making a difference to the lives of older people in so many ways, which is very fulfilling.
- Reasonable travel expenses paid.

We would love to hear from you:

If you need any more information on the above or even just to have a chat, then please contact me, Richard Harris (Volunteer Manager) on:

01273 021620 or richard.harris@ageukwsbh.org.uk