

Hello,

Welcome volunteers to this month's newsletter where we are bringing you all the latest updates and volunteering news!

If you have any questions or suggestions of what you would like us to include in the newsletter, please get in touch using the contact information below.

Please share this newsletter with your network and anyone who might be considering becoming a volunteer.

## **UPDATES FOR OUR CURRENT VOLUNTEERS**

### **Volunteer Awards Ceremony**

This year's Volunteer Awards Ceremony which took place on August 12<sup>th</sup> was a resounding success. Both the Lord Mayor of Westminster and his wife attended the event and 24 awards of different categories were presented to volunteers who had given much of their time, commitment and efforts to supporting the charity's work. Also, Age UK Westminster wanted to show great appreciation of all the volunteers engaged with the organisation.



### **Win a ticket to Tower Bridge**

This month we are giving away 5 tickets to our volunteers to visit the iconic Tower Bridge. More information about the Bridge can be found on their website [www.towerbridge.org.uk](http://www.towerbridge.org.uk)

The tickets will be valid until 30<sup>th</sup> September 2021. To claim yours, please email [grace.nuttall@ageukwestminster.org.uk](mailto:grace.nuttall@ageukwestminster.org.uk). The first 5 volunteers to respond will be the winners. Don't miss this amazing opportunity!

### **Sharing Stories, Sharing Life**

Age UK Cambridgeshire & Peterborough have been working with Cambridgeshire County Council Team on a pilot project called Sharing Stories, Sharing Life.

The project supports volunteers and organisations to use storytelling and story listening techniques to reduce loneliness and isolation of older people. This sounds like a fascinating scheme, and it is well worth following up. Please click on the link below to learn more about it.

[https://ageuktheloop.com/2021/08/25/sharing-stories-sharing-life/?utm\\_medium=email&utm\\_campaign=Daily%20COVID-19%20%20Age%20UK%20Partner%20Comms&utm\\_content=Daily%20COVID-19%20%20Age%20UK%20Partner%20Comms+CID\\_7b9b24c082e12b123c167888b553d87b&utm\\_source=Campaign%20Monitor&utm\\_term=Sharing%20Stories%20Sharing%20Life](https://ageuktheloop.com/2021/08/25/sharing-stories-sharing-life/?utm_medium=email&utm_campaign=Daily%20COVID-19%20%20Age%20UK%20Partner%20Comms&utm_content=Daily%20COVID-19%20%20Age%20UK%20Partner%20Comms+CID_7b9b24c082e12b123c167888b553d87b&utm_source=Campaign%20Monitor&utm_term=Sharing%20Stories%20Sharing%20Life)

## **Befriending Volunteers Information and Q&A Zoom Session**

Our guest speaker for September's Q & A session is Anita Johnstone who works for Westminster City Council as the Visual Impairment Rehabilitation Officer. Anita will be updating us on the support services available in Westminster for people affected by visual impairment and sight loss. This will be an interesting and beneficial part of the zoom meeting with information for volunteers themselves which they can then pass on to the older person they befriend. I hope you can join the next session on Thursday 9<sup>th</sup> September, 5pm to 6pm.

## **Clients' Newsletter**

Please let us know if you have not been receiving our weekly Clients' Newsletter, which we would encourage you to read and chat about it with your clients and to hopefully enable and motivate them to participate in the many activities at Age UK Westminster.

## **GENERAL UPDATES**

### **Gain a free Level 2 online qualification with The AIM Group**

Due to Government funding from the Adult Education Budget, The AIM Group have several free, Level 2 online courses available. All these courses are nationally accredited by CACHE/NCFE and recognised by Ofsted and CQC. Below are just some of the available courses in London. The courses take anything from 15-25 hours to complete on a Q&A format. You have 6-8 weeks to complete the course on a self-study basis meaning you can work at your own pace and can access your portal and material at any time.

- **Children and Young Peoples Mental Health** - Exploring mental health and understanding how to support these children. Developing skills to form a mentally safe environment.
- **Understanding Autism** - Understanding the various autistic spectrums.

- **Specific Learning Difficulties** - Characteristics of ADHD, ADD, Dyslexia and Dyscalculia. The importance of early diagnosis and various assessment methods available to self-diagnose learning difficulties.
- **Team Leading** - A dive into essential skills and traits required in management. Understanding how to effectively communicate with people.

#### Eligibility

- Over the age of 19
- Living in the UK for 3+ years

Please find here where you can register for any of the available free online courses - <https://theaimgroup.co.uk/courses/registration>

### Join us at Churchill Gardens Community Event this Saturday 28<sup>th</sup> August

Age UK Westminster will be at the Churchill Gardens Estate this Saturday 28<sup>th</sup> August to join in the family fun day in celebration of the Churchill Gardens Residents Association 70<sup>th</sup> Year Anniversary. The event will run from 12pm-4pm. Come and say hello to us by visiting our information stall to find out about our services and volunteering opportunities to get involved in, whilst you are there enjoying the fun!

## VOLUNTEERING OPPORTUNITIES

We offer a variety of interesting volunteering opportunities on our website [here](#) that you can be involved with.

Many of these opportunities require as little as 1-2 hours a week's commitment and will suit anyone aged 18 and over. We urgently need volunteers for the following roles:

### Befriending Volunteers

We need more volunteers to keep in regular contact with clients who have signed up to access the Befriending Service. The Befriending role can take place either through weekly arranged face-to-face meetings with the client or by telephone. For as little as an hour a week, a befriending volunteer can ensure that an older resident does not risk becoming completely socially isolated.

### Digital Support Volunteer

We are looking to recruit volunteers to support our new Digital Inclusion Project. We need people who can provide one-to-one or group training for our older clients who wish to acquire basic digital skills. The training sessions will take place either in the client's own home or in a public space around the borough.

You don't need to be a computer genius; you just need patience and to be able to

teach others what comes naturally to you when using a phone or a computer. Each session with a client will last for between 1 to 2 hours a week.

We are running a training session for Digital Support volunteers in October. The exact date for the session is still to be confirmed.

### **Office Reception Volunteers**

We are currently looking to recruit new reception volunteers who are available to provide cover for our busy office telephone helpline on weekdays between 10am and 2pm.

If you are interested in any of the above volunteering opportunities, then please email our Volunteering Team to request an application pack at [volunteering@ageukwestminster.org.uk](mailto:volunteering@ageukwestminster.org.uk) or call our office on 020 3004 5610/ 07957 652 784.

### **VOLUNTEER OF THE MONTH**

This month's award went to Afia who is one of our older volunteers. Afia has been supporting her befriending client, who is 86 years old since the beginning of last year. They have both faced similar health challenges which has helped them to create a special peer support for each other. Afia's client said that she always looked forward to Afia's calls which she finds beneficial to her wellbeing.

Congratulations and well done, Afia!