

Hello,

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

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

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

UPDATES FOR OUR CURRENT VOLUNTEERS

Win Tickets to this year's Chelsea Flower Show

We have 2 pairs of tickets to the Chelsea Flower Show to give away to Age UK Westminster's volunteers. The tickets will be valid for the event on Wednesday, 22nd September 2021. To claim your tickets, please email grace.nuttall@ageukwestminster.org.uk The first 2 volunteers to respond before 5th August will win the tickets.

Places to use your earned Tempo Time Credits

If you are a member of Tempo Time Credits you can use your earned Time Credits in a variety of places across the UK. Popular places to use Tempo Time Credit include Kew Gardens, Arthouse Cinema and Guildhall Art Gallery.

You can also follow the link below for more businesses that will accept Tempo Time Credits.

[https://temptimecredits.org/use?utm_source=sendinblue&utm_campaign=London Newsletter&utm_medium=email](https://temptimecredits.org/use?utm_source=sendinblue&utm_campaign=London_Newsletter&utm_medium=email)

If you have not yet signed up to receive Time Credits you can use the link below to register

<https://www.temptimecredits.org/sign-up/?invite=knra4kzr>

Change to next month's Befriending Volunteers Information/Q&A Session

Our next Befriending Q&A Zoom session which was scheduled to take place on Thursday 12th August has now been moved to the following Thursday 19th August, from 5pm-6pm. We will be sending out a reminder and the meeting Zoom link closer to the date. We hope to see as many of you as possible!

GENERAL UPDATES

Virtual Volunteering Information Drop-in Session

If you are not yet part of our volunteer team and would like to join us, we run a weekly virtual drop-in session via Zoom every Tuesday, from 11am to 1pm.

The session provides an opportunity for you to have a chat with our Volunteer Coordinator, to ask any questions that you may have and to get a better idea of which volunteering option might be right for you. To book your zoom meeting slot please email volunteering@ageukwestminster.org.uk or visit our website for more information.

VOLUNTEERING OPPORTUNITIES

We are always on the lookout for more volunteers. We have a variety of interesting volunteering opportunities on our website [here](#) that you can get involved in.

Many of our volunteering opportunities requires as little as 1-2 hours a week's commitment and will suit anyone age 18 and over. Some of these opportunities include the following:

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 a 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 Champions

Are you familiar with the use of digital technology?
Do you have what it takes to help someone who is not so familiar with technology to build their confidence and to take that first step that they need to get online? If so, our Digital Champion's role could be the one for you.

Office Reception Volunteers

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

If you are interested in any of the above volunteering opportunities, please contact Grace Nuttall grace.nuttall@ageukwestminster.org.uk to discuss how you can get involved or visit our website for more details.

VOLUNTEER OF THE MONTH

Rowland (pictured below) supported Age UK throughout the pandemic both as a Telephone Befriender and a Food Parcels Delivery Volunteer. Here is what he says about his volunteering experience with Age UK:

“It was wonderful remembering the experience I had with Age UK. To sum up my time, it was always fulfilling, and it was the start of a long journey through the different world brought by COVID. I got the chance to learn more about my neighbourhood while I lived in Westminster, and to build bridges with people I never thought were possible. I grew as a person, and it helped my philanthropy as I prepared for my new job in a different part of London. So, thank you to all who make Age UK what it is.”

