

# Age UK Westminster Volunteers Newsletter June 2021

## UPDATES FOR OUR CURRENT VOLUNTEERS

### Earn Tempo Time Credits as you volunteer

Tempo Time Credits are a charity that provides recognition to volunteers for their valuable contribution to society. Volunteers receive Tempo Time Credits for their time volunteering in their community which can be used with a network of recognition partners for days out at local and national attractions, classes at local facilities or even vouchers for shopping and entertainment.

Age UK Westminster is now part of Tempo Time Credits which means our volunteers can now earn Time Credits. If you are not yet using Time Credits, please sign up using the following link and start earning while you support our charity work.

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

### Volunteer Guidance for Home Visiting

We are aware that since the relaxation of restrictions on Monday 17th May some volunteers will be arranging to meet clients face to face rather than via telephone contact. Outdoor visits are strongly recommended as risk is significantly lessened. Please be aware that there is still risk in spreading the virus and we all have responsibility in managing these risks.

- You should not participate in any face-to-face activity if you are showing any signs or symptoms associated with Covid-19.
- You should confirm with the client before visiting (if it has been agreed that a face-to-face visit is required) that they do not have any symptoms that might be associated with Covid-19
- You should ensure social distancing is maintained during all activities

We recommend that if you are meeting indoors in situations where the client is unable to go outdoors:

- Your client should have received both vaccinations.
- You should still practice social distancing.
- That you continue to wear facemasks and use anti-viral/bacterial gel.
- That there is adequate ventilation indoors.

Currently staff who are returning to home visiting are being asked to have a Covid-19 test and report twice a week. We suggest that weekly testing will provide yourself and your client with more reassurance. However, the above guidance should still be practised. More information is provided below about how to access tests.

Please let us know if you are beginning to return to face-to-face activities and how they are going in your monthly reports.

You can order free home testing kits to be delivered to your home. These consist of 1 pack of 7 rapid lateral flow test kits:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

### Monthly Befriending Volunteers Q&A July Session

If you are one of our existing befriending volunteers, don't forget to join our monthly information session. Join us via Zoom every second Thursday of the month. The next session will take place on Thursday July 8<sup>th</sup> from 5pm to 6pm. Confirm your attendance now by emailing Grace Nuttall

[grace.nuttall@ageukwestminster.org.uk](mailto:grace.nuttall@ageukwestminster.org.uk)

## GENERAL UPDATES

## Covid Response Report

To see how Age UK Westminster has responded during the pandemic, you can read our 12 months Covid Response Report on <https://www.ageuk.org.uk/bp-assets/globalassets/westminster/our-services/covid-response-report-12.pdf>

## The benefits of a Smart Meter for you and for Great Britain.

Smart Meters are helping Britain save more energy and can help you to save on your bills too. If you are a Westminster resident age 50 or over and would like more information or to speak to one of our friendly staff team about how a Smart Meter would benefit you, please call our office on 0203 0045610 or email [enquiries@ageukwestminster.org.uk](mailto:enquiries@ageukwestminster.org.uk). More details can also be found on our website [here](#)

## VOLUNTEERING OPPORTUNITIES

We have a variety of volunteering opportunities to suit everyone from age 18 and over which can be found on our website [here](#)

### Client Support Volunteer

Our Befriending Service currently supports over 500 clients. The service is run by a small team of staff who are looking for an enthusiastic volunteer to provide general admin support. This volunteer will work closely with clients to ensure that their relationship with a befriending volunteer is continuing as agreed. The ideal candidate should feel completely comfortable in communicating with older people and should have an understanding of the struggles they face. The individual should also be available for 4-6 hours, 2 days a week between Mondays and Fridays. If you are interested in this role and would like more information, please email [grace.nuttall@ageukwestminster.org.uk](mailto:grace.nuttall@ageukwestminster.org.uk)



### Befriending Visits Volunteers

We are actively looking for Befriending Volunteers who would enjoy meeting clients either in their homes or at an agreed accessible outdoor space. These volunteers should be aware of and follow the Volunteers Visiting Guidance as stated above. Ideally, with the agreement of the client, each visit could be for 1-2 hours, once a week.

Please visit our website [here](#) for more information.

### Ad-hoc volunteering opportunities

The following roles would suit anyone looking to give something back to the community without the need for regular commitment.



### Grocery Shopping Volunteer

Although restrictions have been eased, many of our vulnerable clients across the borough still rely on volunteers to assist them with their regular grocery shopping. If you can occasionally spare some time to shop for someone living in your local neighbourhood, please get in touch. You can find more information by clicking [here](#)

## Help with Distributing leaflets

We are looking for volunteers with a bit of time during the day to help us distribute our leaflets within the borough. These leaflets offer essential information for local people about the services we provide, such as benefits and housing advice, activities, and digital learning sessions. If you are interested, please contact our office on the number below.

## TRAINING OPPORTUNITIES

### Mental Health Awareness

The Skills Network is offering a free mental health awareness training course for individuals who meet its criteria to enrol. To apply or for more information please click on the following link [mental health course](#)

The following free e-Learning courses are available to our existing volunteers through Grey Matter Learning.

**Safeguarding Adults** [Read more information here](#)

**Dementia Awareness** [Read more information here](#)

If you would like to take any of these courses, please register your interest by emailing [grace.nuttall@ageukwestminster.org.uk](mailto:grace.nuttall@ageukwestminster.org.uk)

## VOLUNTEER OF THE MONTH

Congratulations to Julia for becoming June's Volunteer of the Month!

Over the past two and a half years Julia has dedicated her energy, enthusiasm, and time by participating in and supporting our Befriending Services. She has developed long standing connections with many clients and has helped to elevate their isolation and loneliness, particularly during these difficult past 18 months. She has contributed so much towards the work of Age UK Westminster; we now wish to congratulate and thank her by awarding her Volunteer of the Month.



We'd love to hear your volunteering stories and to be able to share them across our social media, website and publications. Please let us know if you are interested in sharing your story.

T: 020 3004 5610 (Mon – Fri, 10am – 4pm)

E: [enquiries@ageukwestminster.org.uk](mailto:enquiries@ageukwestminster.org.uk)

W: [www.ageukwestminster.org.uk](http://www.ageukwestminster.org.uk)

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