

Older Volunteering Project





Are you aged 65+ and looking to volunteer?

Age UK Westminster offers a variety of volunteering opportunities catering to individual's differing skills and abilities:

Befriending Volunteer- Befriend an isolated and lonely older person living in your neighbourhood

We are passionate about tackling loneliness and isolation among older people in our community, and are calling on local people across Westminster to join our Befriending Scheme and form lasting friendships with older people living in your neighbourhood. The role would involve visiting or telephoning an older person for a friendly chat once a week. As part of the visit volunteers can also accompany them on a short walk or enjoy a trip out locally to the cinema or theatre. 1 to 2 hours per week of your time can make a huge difference to someones life.

Community Outreach Volunteer- Inform local people about Age UK Westminster's services

The Community Outreach Volunteers play a very important role in informing local people about our services. The role involves distributing our leaflets and information to various local community organisations i.e GP surgeries, libraries, day centres, churches and sheltered accommodation across Westminster. They can also be a voice for Age UK Westminster by giving talks about our organisation and the services we provide to local groups, organisations and businesses.

Events Volunteer- Support us at local events in the community

Support our activities and community events by helping with the set up and running of an information stand at community events. This role would suit someone who can't commit on a regular basis.



Reception and Admin Support

Help out in our office, answering phone calls, giving information, signposting and supporting our staff with administrative tasks.

Charity Shop

Gain experience in our charity shop as a Retail Assistant. Help with sorting donations, serving customers, operating the till and cash handling, displaying stock etc.

Community Activity Volunteer

Help run a group activity session for local older residents such as a coffee morning, iTea Party, Arts & Crafts, Chair-base-exercise etc.

For an application pack please get in touch.

For more information please contact:

020 3004 5610

Age UK Westminster

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