



**Volunteering to support  
older people in Westminster**

# Age UK Westminster offers a variety of volunteering opportunities suitable for everyone

## Office-based opportunities

- **Telephone Enquiries & Signposting Volunteers** – be our caller's first point of contact
- **Project Admin Support Volunteers** – provide much-needed admin support to our service coordinators

## Community-based opportunities

- **Befriending Visits Volunteers** - offer friendly companionship to a client who may be feeling isolated
- **Telephone Befriending Volunteers**
- **1:1 Walking Support Volunteers** - give walking confidence to one of our service users
- **Exercise At Home Project Volunteers** - support a client with low mobility in their home
- **Dementia Support Volunteers** – support our clients at activity sessions and at the monthly Memory Café
- **Post Hospital Discharge Volunteers** – support clients on their journey to recovery
- **IT/Digital Support Volunteers** – help service users to improve their IT/digital skills
- **Information & Advice Volunteers** - help provide information to our service users
- **Community Activities Volunteers** – help to run activities for our service users
- **Events Volunteers** - come and support Age UK Westminster at events as and when you can

## Multilingual Opportunities

Use your language skills (including the following) to help us further our support to service users

- Arabic
- Somali
- Bengali
- Ukrainian
- Ethiopian
- Eritrean
- Spanish
- Hindi

## Other Opportunities

- [Charity Shop Volunteers](#) - assist in running our charity shop on Harrow Road
- [Fundraising Volunteers](#) - help generate income for Age UK Westminster
- [Social Media, Website and Marketing Volunteers](#)

## Older Volunteering Project – you're never too old to get involved with volunteering

This project is dedicated to tackling barriers in older volunteering. We offer opportunities to get involved and secure the health benefits of volunteering in retirement. We have a wide variety of roles available to suit most people's needs and requirements with no upper age limit on who can apply.

For more information about the opportunities available please contact us.

## Service User Forum – join a group of service users to help us design new and improved projects

Become an active user of our service user forums and help to develop and influence service delivery.

*We are also open to any suggestions from people who would like to volunteer their time but have other ideas of how you can help or support us so please get in touch.*

### How to get involved

**For more information:**

**020 3004 5610 (Mon-Fri, 10am-2pm)**

email [volunteering@ageukwestminster.org.uk](mailto:volunteering@ageukwestminster.org.uk)  
or visit [www.ageukwestminster.org.uk](http://www.ageukwestminster.org.uk)

Our office address:

Age UK Westminster, Beethoven Centre, Third Avenue, London W10 4JL

**Or scan the QR code for more information  
and to apply**



Registered charity number 1018300. Company number 02788761.