

## **Older Volunteering Project**

This project is dedicated to tackling barriers in older volunteering. We offer opportunities to get involved and secure 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.

## **Getting Involved**

Please contact our Volunteer Coordinator for further information or to request an application pack.

## **Age UK Westminster**

Beethoven Centre  
Third Avenue  
London  
W10 4JL

For more information call

**020 3004 5610**

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

or visit **[www.ageukwestminster.org.uk](http://www.ageukwestminster.org.uk)**

# Volunteering



# Age UK Westminster offers a variety of volunteering opportunities so we can provide roles suitable for everybody

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

Age UK Westminster are passionate about tackling loneliness and isolation among older people in our community, we are calling on local people across Westminster to join our Befriending scheme and form lasting friendships with older people living in the neighbourhood. 1 to 2 hours per week of your time will make a massive difference to someone's life. A volunteer would telephone or visit once a week for a friendly chat over a cup of tea, accompany them on a short walk or enjoy a trip out to the cinema or theatre together.

## **Community Outreach Volunteers- Inform local people about Age UK Westminster's services**

Help us to inform local residents about our free services, activities and support that we offer. Help signpost people to us by distributing our leaflets and information to various local community organisations, such as GP Surgeries, Libraries, Day Centres, Churches, Community Centres or Sheltered Accommodation Schemes across Westminster.

## **Events Volunteer- Come and support Age UK Westminster at events as and when you can**

We are recruiting a large pool of dedicated volunteers to help out with our fundraising activities and community events. The role will involve help with setting up information stands at events, representing us and promoting our organisations work. This role would suit someone who wants to volunteer without the need to commit on a regular basis, but instead as and when they are available.

## **Reception and Admin Support**

Help out in our office supporting our team with administrative duties, answering telephone calls, giving information and signposting. This role would require someone who was available one day a week for 4 hours between the hours of 10 - 2pm.

## **Charity Shop**

Help out in our local shop as a Retail Customer Service Volunteer. The role would involve cash handling, serving customers and operation a till, sorting and preparing donations, organising displays.

## **Community Activity Volunteer**

Help run group activity sessions which benefit older residents in the community such as coffee mornings, arts & craft classes, IT sessions etc or organise and hold a fundraising activity raising funds on our behalf.

## **IT Support**

Provide basic IT training and technical support, help design leaflets and fliers and data input.

## **Social Media, Website and Marketing**

Update our website, write blogs, share information on our social media pages (Facebook and Twitter), help with leaflet design, promotion of our work and services.

## **Service User Forum**

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.**