

Age UK Somerset and our Volunteers

Volunteers make such a huge contribution to Age UK Somerset and by working together we can get closer to reaching our aim of making later life a fulfilling and enjoyable experience for all Older People across Somerset and North Somerset. Age UK Somerset is governed and mainly staffed by approximately 300 Volunteers who are supported by (mostly part-time) paid staff.

All Volunteers are offered an induction programme and role-specific training along with on-going help, advice and support from the staff at Age UK Somerset. We cherish our Volunteers and do our best to keep them happy. Social events are organised to say thank you and there are opportunities to meet and talk to other Volunteers. As a Volunteer you will be able to claim back any travelling expenses you incur in the course of Volunteering.

**Our Volunteers make such a difference
to the lives of older people.**

We would love to welcome you to the team.

**If you have any questions or would like an Application Form
please don't hesitate to contact us:**

The Volunteering Section, Age UK Somerset, Ash House, Cook
Way, Bindon Road, Taunton, Somerset TA2 6BJ

Telephone: 01823 345627

email: volunteers@ageuksomerset.org.uk

or visit: www.ageuksomerset.org.uk/volunteering/

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Volunteering

**If you have a little time to spare you could
be making a big difference to the lives of
older people in Somerset and North Somerset.**

**Age UK Somerset has a range of rewarding,
and often fun, Volunteering opportunities.**

**So why not discover a new purpose, develop new skills, meet
new people and make a difference
in your community?**



Our Befriending service, Ageing Well team, Partners in Care project and Information and Advice section are all keen to recruit and welcome new Volunteers from across the whole of Somerset and North Somerset.

Age is not a barrier! No experience is necessary! We offer full role-specific training for our Volunteers - and we will cover your out of pocket expenses. So, whether you are patient with paperwork, like to move to music, or can simply spare an hour a week to visit a lonely older person...

PLEASE APPLY TO BECOME A VOLUNTEER!

**If you have any questions after reading this leaflet
please call 01823 345627 or
email volunteers@ageuksomerset.org.uk**

THE VOLUNTEERS WE NEED

Befriending Volunteers

Many many older people in our area are suffering from loneliness - never leaving the house, never having the chance to speak to anyone. **Could you spare a little bit of time each week? A bit of company and a friendly face makes all the difference.** You would be matched with an older person on our waiting list and, after an introduction, you'd arrange to pay them a visit on a regular basis. This really makes a huge difference to their quality of life. In North Somerset our Befriending service is offered in partnership with Alliance Housing.



Ageing Well Volunteers

(Leading fun activity sessions)

Befriending isn't the only way to reduce loneliness - become an Ageing Well Volunteer and you'll be bringing a group of isolated older people together for regular, fun, sociable activity sessions such as Flexercise (a gentle chair based activity session). Volunteers should be able to spare a couple of hours each week and have a good sense of humour - having fun and socialising in your sessions is as important as the activity!
No experience is necessary as full training will be provided.



Partners in Care Volunteers

In this project with the British Red Cross and the NHS at Musgrove, the Partners in Care service offers support to patients in hospital who have very little support in place or no family or friends, and who may have some worries about leaving the hospital or concerns about how they are going to cope once home.

In this very valuable volunteering role you might:

- Help people settle in at home
- Arrange for visits or telephone calls following discharge
- Arrange for a benefit check
- Signpost to other information and advice services
- Provide help with attending ongoing medical appointments
- Provide details about local social events and activities.

Office Support Volunteers

Do you have a good telephone manner and some experience of using a computer? Can you spare an afternoon a month, or more? We are looking for help with some admin tasks eg, phone calls & data entry, to help our office to run more smoothly. Full training will be given and you will be supported at all times by a member of staff.

Event Champion Volunteers

Could you help us spread the word? We are looking for friendly, outgoing Volunteers who, after training, will act as Champions for us on our info stands at events eg, flower shows, talking to people, giving information and handing out leaflets. Could you help?

Information and Advice Volunteers

Last year our Information and Advice Volunteers helped older people claim more than £2.25m in the benefits that they were entitled to. This can make a huge difference to their lives and is very satisfying for the Volunteer too! Our Volunteers support our clients with practical help like filling out claim forms in their own. The service is offered free so demand for Volunteers is high. In terms of time commitment this role is very flexible. Full training is given and refreshed with regular information sessions.



Fundraising Volunteers

Would you like to become involved in helping to fundraise for Age UK Somerset? Perhaps you have some great fundraising ideas or would like to organise a regular fundraising event with our support? Please contact us about becoming a fundraising Volunteer and every penny you raise will help us to deliver our vital services.



Poster Posting Volunteers

We need help to promote our services. We are looking for Volunteers who would be happy to receive a poster from us from time to time (less than once a month), and then distribute it around their local patch. You'll know best where it could go. This would only take a small amount of your time but would be of great help to us, and it may make a difference to the older people near where you live. If you've got a willingness to help, even if you've not got much free time, we'd love to hear from you.