



Join us as a Social Wellbeing Volunteer!

Age UK Hillingdon Harrow and Brent is a caring charity dedicated to “creating a world where everyone can love later life.” We rely on the generous support of people like you to make it happen.

As a Social Wellbeing Volunteer, you’ll help to provide a friendly, supportive environment to people over the age of sixty, encouraging social contact to help reduce isolation in our community.

What you will be doing:

- To take the lead on group delivery if comfortable to do so (training and support provided)
- Participate in activities such as chair exercises, quizzes, Bingo, games, arts and crafts, group discussions on various topics
- Occasionally (with the coordinator), accompany clients on trips and events that are outside of the club
- To ensure the group is welcoming and fun to existing and new members
- To encourage group members to socialise and participate in activities
- To help in the setting up of rooms for activities, for example moving tables and chairs
- Make tea and coffee, prepare light refreshments

What we are looking for:

- Experience of dealing with members of the public in a professional way
- Good interpersonal skills and be able to talk to a wide variety of people
- Empathy and an understanding of the issues that face older people
- Enthusiasm and reliability
- Other languages are an advantage

Time commitment:

A regular commitment for at least twelve months

Checks to be completed for role:

- 2 References will be required. One must be from a current/previous employer, tutor or volunteer manager who has known you for at least two years
- Enhanced DBS Check, the cost of which will be covered by Age UK HHB

What You’ll Get:

- **Feel-Good Factor:** The joy and satisfaction of knowing you're making a real difference
- **Experience:** Valuable skills in in being a Social Wellbeing Volunteer
- **Community:** Meet like-minded people and become part of a supportive and friendly team
- **Fun:** Enjoy the buzz of social activities and the excitement of seeing your efforts pay off

Our commitment to you:

- We will make sure that you receive appropriate training for the role and that you have the support of a member of staff
- We offer a range of benefits to our volunteers and will also cover agreed out-of-pocket expenses

How to Apply:

If this sounds like you, we'd love to hear from you! Please sign up to be a volunteer by going to <https://www.ageuk.org.uk/hillingdonharrowandbrent/get-involved/volunteer-for-us2/apply-to-volunteer2/> and fill in our quick and easy form or please email volunteering@ageukhnb.org.uk or call 020 8756 3040 if you have any accessibility needs.

Join us and help make a real impact in our community. We can't wait to work with you!

This role outline is binding in honor only and is not intended to be legally binding.

Age UK HNB is an equal opportunity organisation.

Age UK Hillingdon Harrow and Brent is committed to safeguarding and promoting the welfare of all older people and children within the London Boroughs of Hillingdon Harrow and Brent.

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