



Are you ready to make a change  
in 2024?

If you're in Somerset or North Somerset  
we need your help  
to ensure all local older people  
get to enjoy later life.

Please could you spare some time  
to spread some joy in Somerset or North Somerset?

Age UK Somerset is an independent local charity, committed to helping older people live their later lives to the full. We rely on Volunteers for help to deliver our services. When we don't have enough Volunteers we struggle to reach all the older people who need our help.



**We need Volunteers. Please can you help?**

**Walk and Talk, Wellbeing Friend and Friendly Phone Call Volunteers** who bring joy and comfort by providing company during a weekly walk, visit or phone call .

**Information and Advice Volunteers** who help those older people who are struggling financially by filling in forms to claim the benefits they are entitled to.

**'Sit, Fit and Fun' Volunteers** who bring older people together each week for fun, laughter and gentle chair-based fitness.

**Memory Connections Dementia group Volunteers** who support participants in games and activities at our friendly weekly groups.

[www.ageuksomerset.org.uk/volunteer](http://www.ageuksomerset.org.uk/volunteer)

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