



Volunteering

Volunteer with Age UK Westminster

We offer a variety of opportunities suitable for everyone

Admin and Reception Support – Help in our office to support our team with administrative duties, answer enquiry line telephone calls, give information and signposting. We ask for a minimum commitment of 4 hours per week.

Befriending - Befriend an isolated and lonely older person living in your neighbourhood. Provide a friendly visit or telephone call once a week.

Charity Shop – Assist in the day-to-day running of the shop to maximise sales and profitability. Support includes processing stock, sorting, steaming, pricing, hanging of donated items, till operation and the handling of cash, or help raise awareness of the shop. We ask for a commitment of one-half day per week (4 hours).

Community Activity – Help run group activity sessions which benefit older residents in the community such as coffee mornings, arts & craft classes, IT sessions etc.

Exercise At Home Project – Working side-by-side with the Exercise at Home Coordinator, you will spend 1-2 hours a week supporting a client with exercise sessions in their home. Full training will be provided.

Information & Advice – Providing information and advice to older people (50+), their carers, friends, and relatives as well as other relevant agencies. Areas of advice include welfare benefits, housing, community care and local services. We require a commitment of 4 hours per week over six months due to the training this role requires.

IT Support – Assist our service users with basic digital support at a drop-in IT session at various locations across Westminster. Support service users with using devices (smartphones, iPads, laptops etc.). Most sessions last for approximately 2 hours.

Language Skills – Are you a fluent English speaker who can also speak other languages including Arabic, Hindi, Punjabi, Persian and Tigrinya. Help with translations or provide regular support to clients accessing befriending or Digital Inclusion.



Community Outreach - Help us to inform residents about our free services, activities, and support that we offer. Signpost, distribute leaflets and information to community organisations across Westminster.

Events - Help out with our fundraising activities and community events. Helping with setting up information stands, and promoting our work. Would suit someone who wants to volunteer without the need to commit regularly.

1:1 Walking Support – Become a Walking Companion and help older residents regain their walking confidence. We match volunteers with clients to accompany them on

short walks around their neighbourhood, to the shops or local parks.

Fundraising – Assist our Fundraising Manager in generating income through events, grant writing and developing corporate relationships.

Older Volunteering Project – You're never too old to get involved with volunteering. We have a variety of roles available to suit most people's needs and requirements.

Service User Forum – Become an active user of our service user forums and help to develop and influence service delivery and design new and improved projects.

Social Media, Website and Marketing – Help update our website, write blogs, share information on our social media, leaflet design, promotion of our services.

Ukrainian Response Team Project – Use your language skills to help us further our support.

Volunteer Project Admin – Help us to manage and onboard new volunteers. Assisting the Volunteer Coordinator to process new volunteer enquiries.

For more information please contact us

0203 004 5610

email **volunteering@ageukwestminster.org.uk**

or visit **<https://www.ageuk.org.uk/westminster/>**