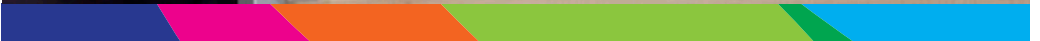


# ***Volunteering Opportunities Make a real difference***



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***Volunteering is a great way to help out in your community make friends, share old skills and learn new ones.***

***Join us and get more out of life!***

**Age UK Isle of Wight is a local charity for local people.**

We are independent from any other Age UK and all money raised is used for the benefit of Island people over 50 years of age. Age UK IW volunteers are active in all areas of our work in many different ways throughout the Island. They all receive necessary training and ongoing support.

**Volunteers** gain a real sense of achievement, knowing that they are allowing some older people to retain their independence and remain in their own homes. There's also the chance to make new friends and your intervention helps to reduce feelings of isolation, exclusion and loneliness. We are always in need of good volunteers across the whole organisation. Here are a few areas in which you could volunteer.

**The Good Neighbour Scheme**

Be a Good Neighbour volunteer and support older people in your locality who have no one else to help them. You may only have time to carry out one-off tasks such as changing a lightbulb or putting the rubbish out. Tell us when you are free and what you are prepared to do to help – we'll match you to someone in need.

**Visiting or making telephone calls**

Many older people can be isolated and lonely especially if they don't have family or friends nearby. A visit or telephone call from a Good Neighbour would lift their spirits and give them something to look forward to. You might even like to take them to volunteer coffee mornings.

**Shopping**

Some people have difficulty in obtaining essential food shopping if they are housebound or cannot shop unaided. Good Neighbours help by shopping from a list or escorting older people to the shops.

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## **Transport**

If you have a car you could take someone to medical appointments or visit someone in hospital. Your client pays your expenses.

## **Extreme Weather Support Scheme**

Trained volunteers provide additional support during cold winters and hot summers, giving advice and free items such as heaters, ice salt and blankets to those at risk in extreme weather.

## **Intergenerational project**

Volunteers support local 6th forms to set up and operate their own Good Neighbour Schemes.

## **Active Networks**

Our social clubs offer a variety of activities to suit individual choices including games, music and exercise. Outings and quiz sessions are popular features. Volunteers help organise the clubs and support members to socialise and make new friends. They may also provide occasional transport.

## **Dementia Service**

Volunteers help to deliver activities to stimulate the memories of people with early stages of dementia in groups or in their own homes.

## **Information and Advice**

Volunteers are fully trained to give confidential answers to the many questions that concern older people – money matters, housing, heating, health care and leisure.

## **Welfare Benefits**

Many older people are not getting all the benefits to which they are entitled. You could be trained to help them complete the forms and claim for those entitlements.

## **Falls Prevention**

Volunteers support Falls Prevention activities such as exercise classes to support those at risk of Trips and Falls.

## **Digital Inclusion**

You may wish to help older people to access computers and other new technology so they can keep in touch with family and friends, shop online etc.

## **Twice as Nice Boutique**

If you have a flair for fashion and selling you may like to try a shift at our own “just-off-the-high-street” boutique where designer clothes are sold on commission basis.

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## Advocacy

People sometimes need help to speak up for themselves in official situations. In some cases you may need to speak on the person's behalf. This can be a huge benefit in enabling people to take, or retain, control of their lives.

## Fundraising

As an independent local charity, we need help to raise money to keep our services running. Activities range from collecting at your local store to running a stall at a garden fair. Or maybe you would like to take part in a sponsored activity? For more information about Fundraising please contact Ben Rust on **(01983) 525282** or **ben.rust@ageukiw.org.uk**

## Administration

Various office-based opportunities arise within all aspects of our work.

## We are a Volunteer led organisation.

Our Volunteers tell us what they want to do, when they want to do it, how they want to do it and always have the right to say no.

Volunteering is a great way to help out in your community make friends, share old skills and learn new ones. If you feel able to donate your time to helping us make a real difference in the lives of people 50 years and older we'd love to hear from you.

If you think you would like to join our team of dedicated volunteers, please contact: Gwen Glover on **(01983) 525282** or **gwen.glover@ageukiw.org.uk**

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