

## VOLUNTEERING

### General

*When people volunteer for Age Concern they become part of an innovative organisation that works effectively to provide opportunities for all older people, as well as care for those who need it.*

*People of all ages volunteer for Age Concern because it's fun and rewarding. Most of the people who work with us are people who can use their enthusiasm, talents, skills and energy to make things happen. Volunteers are managed by the respective Managers:*

**Contact:**

**Karen Knight**  
Volunteer Manager  
Tel: 0121 262 3024

#### **ADMINISTRATION**

Age Concern Birmingham has offices within the city centre and throughout the city and volunteers are needed for general office duties such as reception, answering the telephone, typing, using word-processors and general administration duties.

#### **FUND-RAISING & SPECIAL EVENTS**

Volunteers are also needed to help Age Concern Birmingham raise extra funds & awareness through fetes, flag days, car boot sales, etc with the emphasis being on having fun as well! People with ideas and enthusiasm are always welcome.

#### **HOME VISITING SERVICE**

Volunteers are needed to provide emotional support to older people in their homes by visiting them, providing someone to talk to and developing a mutual trust and friendship.

#### **BEFRIENDING SERVICES**

These are services to tackle loneliness and isolation amongst the elderly community. The services give older people confidence to access community and mainstream activities and to improve independence and quality of life. These services include telephone befriending and lunch clubs which increase older people's confidence through group activities and outings.

#### **DAY CENTRES & LUNCH CLUBS**

Age Concern Birmingham runs Day Centres and Lunch Clubs throughout the city and help is needed with caring for the older people brought into the centres, talking to them, serving meals and helping with activities.

#### **DRIVERS**

Drivers are always needed to transport older people to and from our services, to attend appointments and help with the weekly shop.

#### **RENEW YOU**

A service to provide older people with the opportunity to participate in expressive arts sessions. These are run by professionals and include exercise, dance and drama techniques. Renew You aims to enhance the lives of older people through increasing mobility, health and the social and creative interests of individuals.