

VOLUNTEERING FOR **AGEWELL**



agewell
sharing experience

INTRODUCING **AGEWELL**

Agewell's mission is to help people aged 50 and over, to 'age well'. Our work enables them to live happier and healthier lives, remaining independent for as long as possible.

As a Community Interest Company (CIC), Agewell exists to benefit the community rather than private shareholders and any profit that we make is used to provide more services for local older people, especially those who are isolated and vulnerable.

Agewell volunteers are, quite simply, our lifeblood. We are only able to achieve so much, and to make such a big difference to the lives of so many older people, because of their invaluable help and support.

We are always looking for more people of all ages to join our enthusiastic team of volunteers. Could this be you?



**OVER
5000** **OLDER PEOPLE
IN SANDWELL &
WEST BIRMINGHAM
benefitted from our
services last year**

WHY

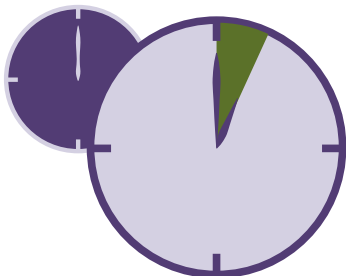
VOLUNTEER?

Volunteering can open the door to a whole new social network and it's a great way to make new friends and get out and about in your community.

It's your chance to give something back but you will benefit too.

Volunteering has a positive impact on an individual's confidence, self-esteem and general wellbeing and it can also provide that vital work experience to enhance career progression.

We believe that everyone, no matter how old they are, has qualities and skills which are valuable to us. Through Agewell, these can be shared for the benefit of yourself and others.



Our volunteers contributed

1,290

HOURS LAST YEAR

WHAT OUR VOLUNTEERS SAY...

“ When I retired I didn't just want to sit around and do nothing. I'm very used to organising things so I decided to volunteer for Agewell and put my skills to good use. I love talking to people so it suits me down to the ground. ”

Ann

“ I used to apply for funding for a local organisation so now I'm using those skills to help Agewell. The main reason I volunteer is because I'm interested in people and because it gets me out and about. ”

Josie



Being a volunteer befriender with my husband, Alan, helps everyone out. We benefit because we really enjoy getting out and meeting new people. The ladies we're visiting really look forward to our visits which make a big difference to them.

Susan

Being a telephone befriender is something I enjoy so much. I'd worked all my life and found I missed everybody when I retired. Now I chat to lots of lovely people and make sure they are OK.

Pauline

I'm really enjoying being a volunteer befriender. The elderly lady doesn't speak English but I speak Punjabi so I'm able to chat to her about her life and the things she's interested in. She really appreciates my company and I find it very rewarding too.

Ahlam



OPPORTUNITIES AVAILABLE

Whether you have lots of time on your hands, or just a spare hour here or there, we can find something to suit you. Here's a summary of some of the opportunities available for all ages...

Hospital Befriending



Volunteers visit elderly patients who have no other visitors, or whose family or carers need a break. They work on a rota basis, chatting, listening and providing general stimulation.

not isolated. A person is visited for up to six weeks during which time they are supported and encouraged to reconnect with their local community.

Befriending at Home



Volunteers visit isolated older people in their own homes. These include people who have recently been discharged from hospital to ensure that they have settled back in at home, are supporting themselves and are

Telephone Befriending

Volunteers keep in touch with older people by phone, to share important information which may include giving details of flu vaccinations, changes to services or simply checking that they are safe and well.

Enhanced DBS (Disclosure & Barring Service) clearance will be required for everyone working with us.



“Volunteering has given me a new lease of life. It gives me a mission. I’ve met some wonderful people and been to places and done things I wouldn’t have had the opportunity to do otherwise.”

Jessica

Agewell Shops

Volunteers help to run our retail outlets. They receive and sort stock, serve customers, and ensure the retail space is kept tidy. At Sandwell Hospital they also undertake a trolley-round to all wards.



Providing Administration Support

Volunteers help with some of the administration tasks that are so necessary to the maintenance and progress of our work. General office work may include filing, photocopying, answering telephones and data entry. Previous office experience and computer literacy is useful.



There are lots of other ways you can get involved including:

- **helping out with a range of events and activities**
- **dog walking**
- **mystery shopping**
- **escorting older people to hospital and GP appointments**
- **helping with specific consultations and campaigns for issues which affect older people including our annual Winter Flu campaign**

THE NEXT STEP

If you are interested in volunteering for Agewell, please contact us for a Volunteer Registration Form. We look forward to hearing from you.

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Agewell is a Community Interest Company
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