

COMMON QUESTIONS ABOUT VOLUNTEERING WITH US:

Is there an age limit & how much time must I commit to giving?

Volunteers must be aged over 18, but there is no upper age limit, other than for drivers who must be under 70. You can commit as many hours as you wish from a minimum of two hours per week.

Can I claim expenses?

All reasonable travelling expenses incurred in carrying out your volunteering duties will be re-imbursed.

What checks are done on volunteers?

All volunteers will be subject to an enhanced level DBS check.

Is there any training involved?

We arrange Dementia Awareness training and Safeguarding training to all of our volunteers,

Do volunteers meet up regularly?

We hold volunteer get-togethers approximately every two months.



Age UK Teesside
Redcar & Cleveland Team
Westfield Farm
The Green
Dormanstown
Redcar
TS10 5NA

Main office:

Dorothy Rose Suites (29-32)
The TAD Centre
Ormesby Road
Middlesbrough
TS3 7SF
Tel 01642 805 500

Age UK Teesside is a
registered charity.
Registered Charity Number 702714

WHAT TO DO IF YOU ARE INTERESTED?

If you would like to find out more:

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supporting and connecting carers in local communities



VOLUNTEERING OPPORTUNITIES

REDCAR & CLEVELAND



Age UK Teesside is a charity which supports older people across the four boroughs of Hartlepool, Stockton, Middlesbrough and Redcar & Cleveland. Our staff and volunteers are dedicated to promoting wellbeing and independence for over-50s, ensuring later life is a fulfilling and enjoyable experience.

BEFRIENDING



The purpose of this role is to offer support and friendship, through positive one-to-one relationships, to older people in their own homes. The aim of the befriending role is to enable older people to achieve outcomes which are meaningful to themselves by facilitating social interaction, building self-esteem and confidence. We also hope to motivate clients to access social activities and services in their community.

Location and duration:

At service users home or in a group setting.

Responsibilities

- Call in and visit with an older person in their own home
Provide company and conversation
- Accompany clients on short walks, outings or activity groups.

This opportunity will assist you in gaining the following skills:

- Interpersonal/Confidence
- Planning/Organising
- Communication Skills

The following requirements from volunteers who want to take this opportunity are:

Essential: Enthusiasm, reliability, flexibility, outgoing personality, good listening skills.

Desirable: Previous experience working with older people.

TIME OUT



The purpose of this role is to offer support and friendship, through positive one-to-one relationships, to the cared for in their own homes. The aim of the Time Out volunteer role is to enable carers to have a short break whilst the cared for benefits from social interaction. We also hope to motivate carers and the cared for to access social activities and services in their community.

Location and duration:

At the cared for's home

Responsibilities

- Call in and visit the cared for in their own home
- Provide company and conversation
- Accompany clients on short walks, outings or activity groups.

This opportunity will assist you in gaining the following skills:

- Interpersonal/Confidence
- Planning/Organising
- Communication Skills

The following requirements from volunteers who want to take this opportunity are:

Essential: Enthusiasm, reliability, flexibility, outgoing personality, good listening skills.

Desirable: Previous experience working with people with disabilities or long term health conditions

SILVER SURFERS



Age UK Teesside (Redcar & Cleveland) are looking for a dedicated and patient individual to join our existing Volunteer to who can provide basic IT tuition on both a one-to-one basis and in a group setting to people over 65. The aim is to help attendees to learn the basics of their laptops, smart phones or devices.

Location and duration:

Silver Surfers session is held at Marske Library from 10am-12.30pm

Responsibilities

- To attend the weekly Silver Surfers session at Marske Library from 10am-12.30pm
- To communicate effectively with attendees about how to use their laptop, smart phone or tablet
- To work with the existing Volunteers and Silver Surfer Coordinator to reduce the barriers to technology and further reduce feelings of isolation and loneliness amongst older people
- and provide information for monitoring purposes
- To undertake suitable training to assist in your role as an Age UK Teesside Volunteer

Skills and Knowledge

Volunteers should be reliable, non-judgemental and have good communication skills.

Knowledge of issues affecting the client group and previous volunteering experience is desirable, but not essential. The ability to build good rapport and be respectful is essential. Basic technology skills required.