

**Make life happier for older
people in your community
as an Age UK Somerset**

VOLUNTEER

Across Somerset there are an increasing number of older people who are struggling.

Circumstances can change and leave many feeling desperately lonely or it might be that health or money worries are causing anxiety and sleepless nights.

Age UK Somerset provides support and services to ease these problems but we couldn't do so without the vital support of our amazing team of Volunteers!

Please join us in making later life better by:

- Providing companionship and a smile as a **Walk and Talk , Wellbeing Friend or Friendly Phone Calls Volunteer**
- Reducing money worries as an **Information & Advice Volunteer**
- Joining our Ageing Well team to bring people together for **fun activities and gentle exercise**

No experience is necessary, it's very rewarding & even if you could only give an hour a week as a Volunteer, this would make a big difference!

But it's not all one way. It's official, Volunteering makes you happy! Whether you are looking for fun and sociability, to meet new people, to extend your experience, to give something back or just to feel valued, we have a volunteering role to suit.



We are proud to be part of the "Volunteer – Your time, your way" campaign with SPARK and other Somerset charities.

Interested? We'd love to hear from you!

call **01823 345627**

email **volunteers@ageuksomerset.org.uk**

or scan



Registered Charity 1015900