



Volunteer role: Supporting Older People

Purpose of role

Help alleviate loneliness and improve the lives of older people in your community.

Activities

You could undertake one or more of the following:

- Visit someone in their own home, having a chat or identifying further assistance they might need
- Accompany someone on an outing or a social activity
- Use your practical skills to undertake small tasks
- Support a group of older people at a day centre.

Skills and experience

- Empathy and understanding of older people
- Good communications skills, including listening and questioning
- Reliable, punctual and non-judgemental.

Continued...

Further information and to apply contact Bromley Well on **020 8315 1905**
volunteering@bromleywell.org.uk **www.bromleywell.org.uk**

 **@BromleyWell**

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Training and support offered

- Appropriate training is provided for each role
- Regular support and supervision.

Commitment

Each role is different and the level of commitment required may vary from client to client.

Benefits to volunteers

- You will gain a sense of satisfaction and achievement from helping other people
- Ongoing training will be available
- A reference maybe available after a qualifying period of time
- Out-of-pocket expenses may be reimbursed.

Want to find out more?

We'd love to hear from you, call 020 8315 1905 or email volunteering@bromleywell.org.uk to get started today!

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