



Independent Age

Community Volunteer Role Description

Volunteer Role: Community Volunteer

Location: Flexible

Time Commitment: Flexible

Age requirements: 18+

About Independent Age

Independent Age is a national charity founded over 150 years ago with a clear mission to ensure that as we grow older, we all have the opportunity to live well with dignity, choice and purpose.

We achieve this by providing free impartial information and advice on the issues that matter most as we grow older, and work within communities to connect people, places and services to reduce isolation and loneliness. We also act as a catalyst for positive policy change by challenging the underlying causes of discrimination and inequality.

At Independent Age we live by our values. We are;

Purpose-driven - *the experience, needs and views of older people are central to everything we do*

Compassionate - *we listen, care and take action*

Expert - *our work is evidence-based and solution-focused*

Collaborative - *we work in partnership to maximise our impact*

Accountable - *we work with integrity and transparency*

Inclusive - *we value diversity and always treat everyone fairly with dignity and respect*



About the role

As a Community Volunteer you will support and work with an older person to help them achieve their desired goals. We want to ensure that more people can live a happy, connected and purposeful later life and this role is pivotal in helping us do that. When a person is referred into our service they will work with us to identify what they would like to achieve. You will then meet up with and provide support to the person for about 6-9 months to enable them to achieve these goals. This is likely to be once a week but is flexible. What you'll actually be doing when you meet up is dependent on the goals of the older person but it could be anything from supporting someone to get out and about again, meeting them for a coffee and chat at a local café, or it could be supporting someone to use online services such as online shopping.

This role involves

- Working with an older person to support them to achieve their goals. This will be dependent on the goals of the older person but could include getting out and about, assisting with shopping, attending different activities or enabling the person to feel more confident using technology.
- Providing companionship, encouragement and ideas to help people establish new friendships and enjoy new experiences
- Working alongside Independent Age staff to support people to achieve their goals

Possible list of types of activities involved

- Meeting for a coffee in a café
- Travelling with/driving someone to appointments
- Accompanying someone to a social group
- Support with IT/Technology
- Supporting someone to go shopping
- Going out for walks
- Supporting someone to become more active

*this is not intended to be a comprehensive list but to provide an insight into the types of activities which you may be supporting with.

Benefits to you

- Meeting new people
- Making a difference in your community
- Developing new skills and experience
- Helping others
- Being part of something



We will do everything we can to help you get the most out of your volunteering and to make sure that your time as an Independent Age volunteer is enjoyable. Please let us know if there is something in particular that you would like to get out of your volunteering and we will do all that we can to support this.

Key Skills required:

- Good communications skills
 - Ability to handle personal data sensitively and confidentially
 - Happy to work as part of a team either in person or remotely
 - Basic IT skills/any IT requisites
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- A DBS (Disclosure and Barring Service) check will be necessary for this role which we will organise

Training

- All volunteers are required to complete essential training to ensure that they are confident and supported in their role.
- We want all volunteers to feel happy and confident in their role and so if there is any additional training that would be useful to you in your role then please let us know.



Our mission: To ensure that as we grow older, we all have the opportunity to live well with dignity, choice and purpose.

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