



# Volunteering Opportunities for April 2025



You can make a difference to the lives of older people in Nottingham and Nottinghamshire.

People of all ages and all walks of life volunteer for Age UK Nottingham & Nottinghamshire and we couldn't do our work without them. Below are all the volunteering opportunities that the charity currently offers.

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| Role Title                | Social Media Volunteer (Men in Sheds)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Location                  | The role will be based at one of our Men in Sheds sites in Blidworth or Worksop and also from home.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Time Commitment           | The needs of the role and your availability will be discussed at interview.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Tasks                     | <p>The purpose of the volunteer role is to support the team at the Men in Sheds to create and upload inspirational content for Age UK Notts (AUNN) social media channels about the products made, and the sessions and services offered by the Men in Sheds.</p> <p>The tasks you may be involved with include the following:</p> <ul style="list-style-type: none"> <li>• Creating and uploading inspirational content to AUNN social media channels</li> <li>• Creating articles, stories, and information about the products and services offered by the Men in Sheds.</li> <li>• Responding on behalf of the charity to questions raised on the Men in Sheds social media platforms.</li> <li>• Volunteering within the charity's policies and procedures and adhering to the volunteering code of conduct</li> </ul> |
| Skills / interests needed | <ul style="list-style-type: none"> <li>• Creative individuals who aren't afraid of a challenge</li> <li>• Individuals who are confident in creating stories and writing articles about products</li> <li>• Individuals who understand social media and how to use it to best effect</li> <li>• Individuals who know how to upload content to social media</li> <li>• Individuals who can share the good news stories that happen at the Men in Sheds</li> <li>• Individuals who have a genuine interest in improving the lives of men &amp; women over 50</li> </ul>                                                                                                                                                                                                                                                      |
| Process                   | Application Form, Interview, References will be taken, Basic DBS check                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Training                  | Induction plus training specific to the role                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

| Role Title                | Volunteer Big Knitters                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| Location                  | Wherever you love to knit                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Time Commitment           | As and when you choose                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Tasks                     | <ul style="list-style-type: none"> <li>To knit little hats for the top of Innocent smoothie bottles.</li> </ul>  <ul style="list-style-type: none"> <li>For each hat knitted, Innocent give 30p to Age UK Notts.</li> <li>Knit or crochet as many little hats as you can – we provide the patterns!</li> </ul> <p>All the money raised by people knitting and crocheting locally will stay locally and come to Age UK Notts to support the older and vulnerable people.</p> |
| Skills / interests needed | <ul style="list-style-type: none"> <li>An ability to knit or crochet</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Process                   | <p>Please email <a href="mailto:volunteering@ageuknotts.org.uk">volunteering@ageuknotts.org.uk</a> who will be able to share patterns with you, and where to send the hats to!</p> <p><b>Deadline July 2025</b></p>                                                                                                                                                                                                                                                                                                                                           |
| Training                  | None                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

| Role Title                | Companion Service Volunteer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Location                  | Supporting people remotely, in their own homes and in the community within Nottingham and Nottinghamshire.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Time Commitment           | Ideally, we ask all applicants to provide a minimum of 1 hour volunteering a week.<br><i>We are looking for volunteers with good daytime availability in specific areas of Nottingham and Nottinghamshire which are currently NG4, NG5, NG6, NG9 NG15, NG17, NG18, NG20, NG21</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Tasks                     | <p>The companion service volunteer can choose to be:</p> <ul style="list-style-type: none"> <li>• A companion telephone/video caller (<i>please note that we are not currently looking for Volunteer Telephone Companions</i>)</li> <li>• A companion within the person's home</li> <li>• A companion outside the person's home</li> <li>• Or a combination of all three.</li> </ul> <p>Examples of the type of support the service offers include:</p> <ul style="list-style-type: none"> <li>• Telephone / video calls for an older person/s on a regular basis at a mutually agreed time for a friendly chat.</li> <li>• Supporting an older person/s hobbies and interests or simply chatting with them in their own home on a regular basis.</li> <li>• Supporting with digital access &amp; building confidence skills &amp; motivation to access the opportunities of the internet.</li> <li>• Supporting the person outside of their home e.g., by accompanying them on a walk, to the shops, to a café, garden centre, theatre or cinema or other social activities / community groups.</li> <li>• Where appropriate, supporting the older person to access other services through information and signposting or referring to the Companion Service Coordinator for support.</li> </ul> |
| Skills / interests needed | <ul style="list-style-type: none"> <li>• Individuals with an interest in the wellbeing of older people who are committed to volunteering regularly.</li> <li>• Commitment to complete our Volunteer Report Form accurately and regularly.</li> <li>• Ability to travel for visits in the local community either by car or public transport for those volunteers who choose to participate in this type of activity.</li> <li>• Digital literacy for those volunteers who choose to participate in this type of activity.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Process                   | Application Form, Interview, References will be taken, and a DBS check (the level of which will be dependent on the tasks you are involved with)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Training                  | Induction plus training specific to the role                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

|                           | Age UK Notts Community Advisory Panellist                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Location                  | Nottingham/Home Based                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Time Commitment           | The charity holds 4 meetings (mix of online and in-person meeting) per year which are at least 2-hours with expected reading and preparation time beforehand. Depending on agreed actions, Panellists may be asked to dedicate some time to activities within the community or for the charity outside of the meetings.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Tasks                     | <p>Panellists will inform and influence the support Age UK Notts offers to older people and help the charity deliver services that older people need and value. The tasks you may be involved in include:</p> <ul style="list-style-type: none"> <li>• Supporting our charity and its aims and act as an ambassador for our services and projects and the wider Age UK network</li> <li>• Ensuring our charity is aware of emerging needs and issues related to older people in the City and County that could influence future planning.</li> <li>• Representing the wider community of older people and their interests – including topics such as social, health, wealth and longer-term needs</li> <li>• Developing an understanding of customer service within the charity and how it can be improved for older people</li> <li>• Maintaining a positive commitment to, and active promotion of, Age UK Notts' Equality, Diversity and Inclusion Policy</li> </ul> |
| Skills / interests needed | <ul style="list-style-type: none"> <li>• Integrity</li> <li>• A commitment to the charity</li> <li>• A willingness to devote the necessary time and effort.</li> <li>• Good, independent judgement</li> <li>• A willingness to speak their mind.</li> <li>• An ability to work effectively as a member of a team</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Process                   | Application Form, Interview, References will be taken, Basic DBS check                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Training                  | Induction plus training specific to the role                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |



| Role Title                | Dementia Support Volunteers                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| Location                  | The Sybil Levin Day Service is located approximately 3 miles outside of Nottingham City Centre (NG8 6AD) and is easily accessible by car, bus, and tram.                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Time Commitment           | A minimum of either one morning or one afternoon on a weekly basis (Mon-Fri).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Tasks                     | <p>The Sybil Levin Day Service is a specialist SPECAL-Led (<a href="http://contenteddementiastrust.org/what-is-the-specal-method/">http://contenteddementiastrust.org/what-is-the-specal-method/</a>) day service supporting people with dementia and their carers using the SPECAL method. The tasks you may be involved with include the following:</p> <ul style="list-style-type: none"> <li>• Assisting centre attendees to engage in activities</li> <li>• Serving meals and drinks.</li> <li>• Helping to set up and clear away activities</li> <li>• Engaging in conversation with centre attendees.</li> </ul> |
| Skills / interests needed | <ul style="list-style-type: none"> <li>• People with a genuine interest in the wellbeing of people with dementia.</li> <li>• A friendly, sensitive and kind approach.</li> <li>• Being comfortable in small groups or on a one-to-one basis.</li> <li>• People with a commitment to always using the SPECAL method whilst at the centre.</li> <li>• Whilst not essential, we are also looking for volunteers who can: Play the piano, Play snooker, Play dominoes</li> </ul>                                                                                                                                            |
| Process                   | <p>Application Form, Invitation to an immersive session at the Sybil Levin Day Service, References will be taken, Basic DBS Check.</p> <p><b><i>NB: This opportunity is not open to student volunteers.</i></b></p>                                                                                                                                                                                                                                                                                                                                                                                                     |
| Training                  | <p>Induction plus online training specific to the role</p> <p>You will also need to attend mandatory online 1-hour SPECAL training prior to commencing your role</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

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|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Role Title                | Volunteer Stockroom Assistant<br>(Sutton in Ashfield)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Location                  | Age UK Notts, Sutton in Ashfield, 29 Forest Street, Sutton in Ashfield, Nottinghamshire, NG17 1DA and throughout Nottinghamshire                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Time Commitment           | The Sutton Shop is open Monday – Saturday between 10am and 4pm, and we are looking for individuals to support on one day each week (to be discussed and agreed following a successful interview).                                                                                                                                                                                                                                                                                                                                                           |
| Tasks                     | <ul style="list-style-type: none"> <li>• Supporting staff to manage the stock room within the Sutton shop.</li> <li>• Keeping racking clean and tidy.</li> <li>• Organising space to maintain good health and safety systems.</li> <li>• Accepting donations from supporters that visit the shop and encouraging those who are taxpayers to sign up to Gift Aid to increase the value of the donation when sold by 25%.</li> <li>• Volunteering in line with the Charity’s policies and procedures and adhering to the Volunteer Code of Conduct</li> </ul> |
| Skills / interests needed | <ul style="list-style-type: none"> <li>• The physical ability to lift and move furniture and other stock so applicants should be physically fit and be able to complete these tasks.</li> <li>• A willingness to complete a variety of tasks.</li> <li>• An ability to get on well with others and to volunteer as part of a team</li> <li>• An individual who gets on well with people to facilitate good customer service.</li> </ul>                                                                                                                     |
| Process                   | Application Form, Interview, References will be taken, Basic DBS check                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Training                  | Induction plus training specific to the role                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

| Role Title                | Volunteer Drivers Mate (s)<br>(Sutton in Ashfield)                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Location                  | Age UK Notts, Sutton in Ashfield, 29 Forest Street, Sutton in Ashfield, Nottinghamshire, NG17 1DA and throughout Nottinghamshire                                                                                                                                                                                                                                                                                                                                                               |
| Time Commitment           | The Sutton Shop is open Monday – Saturday between 10am and 4pm, and we are looking for individuals to support on one day each week (to be discussed and agreed following a successful interview).                                                                                                                                                                                                                                                                                              |
| Tasks                     | <ul style="list-style-type: none"> <li>• Travelling with the driver to pick up donated items (furniture, white goods, bric-a-brac, clothing, or a mix of all 4)</li> <li>• Completing deliveries with the driver to customers' homes</li> <li>• Processing items at Ransom Wood storage unit when there is no room to deposit them straight into the shop.</li> <li>• Volunteering in line with the Charity's policies and procedures and adhering to the Volunteer Code of Conduct</li> </ul> |
| Skills / interests needed | <ul style="list-style-type: none"> <li>• The physical ability to lift and move furniture and other stock so applicants should be physically fit and be able to complete these tasks</li> <li>• A willingness to complete a variety of tasks both at the shop and at the Ransom Wood storage unit.</li> <li>• An individual who gets on well with people to facilitate good customer service.</li> </ul>                                                                                        |
| Process                   | Application Form, Interview, References will be taken, Basic DBS check                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Training                  | Induction plus training specific to the role                                                                                                                                                                                                                                                                                                                                                                                                                                                   |



| Role Title                | Men in Sheds Companion (Blidworth Shed)<br>***This volunteer opportunity is open to all and not just male volunteers***                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Location                  | The Blidworth Shed is located at Unit 4, Boundary Court, Gilbert Way, Burma Road Industrial Estate, Blidworth, Nottinghamshire, NG21 0RT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Time Commitment           | We are looking for volunteers who can regularly commit on a Thursday afternoon every week, and who also have flexibility to cover holidays and/or illness etc.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Tasks                     | <ul style="list-style-type: none"> <li>• Assisting volunteers on duty delivering the Men in Sheds Sessions.</li> <li>• Assisting volunteers unlocking the shed and getting it ready for use.</li> <li>• Assisting members if needed with projects, lifting etc.</li> <li>• Encouraging projects that could be completed by members - orders, seasonal items etc.</li> <li>• Meeting and greeting visitors, ensuring they comply with all safety requirements &amp; sign in.</li> <li>• Attending monthly volunteer meetings.</li> <li>• Checking that everything is switched off and assisting in locking up at the end of the session.</li> <li>• Reporting any concerns to the main volunteer on duty and/or the Shed Co-ordinator.</li> <li>• Volunteering within the charity Safeguarding Policy and raising any safeguarding concerns with the other volunteer only duty, who will then raise it with the Shed Co-ordinator.</li> </ul> |
| Skills / interests needed | <ul style="list-style-type: none"> <li>• Friendly personality and approachable manner with the ability to work confidentially and sensitively with men and women from a variety of backgrounds.</li> <li>• Ability to use own initiative to work alone, or as part of a team.</li> <li>• Keen to learn or build on their understanding of the workshop environment and/ or working with power tools</li> <li>• Appreciate the need to follow health and safety guidelines.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Process                   | Application Form, Interview, References will be taken, Basic DBS check                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Training                  | Induction plus training specific to the role                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

| Role Title                | Men in Sheds Volunteers at Blidworth and Worksop                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Location                  | <p><b>The Worksop Shed is located at Unit 2, Kilton Terrace, Kilton Road, Worksop, Nottingham, S80 2DQ</b> and the Blidworth Shed is located at Unit 4, Boundary Court, Gilbert Way, Burma Road Industrial Estate, Blidworth, Nottinghamshire, NG21 0RT</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Time Commitment           | <p>We are looking for volunteers who can regularly commit to at least one morning or afternoon session per week, and who also have flexibility to cover holidays and/or illness etc.</p> <ul style="list-style-type: none"> <li>• <b>The Worksop Shed is open Monday - Thursday 9am - 1pm</b></li> <li>• <b>The Blidworth Shed is open Tuesday - Thursday 9am - 4pm</b></li> </ul> <p>The Blidworth shed is likely to be opening on a Monday in the near future, and we are therefore particularly looking for volunteers on a Monday afternoon.</p>                                                                                                                                                                                  |
| Tasks                     | <ul style="list-style-type: none"> <li>• Unlock the workshop and prepare the session</li> <li>• Ensure the workshop is left clean and tidy at the end of the session and lock up</li> <li>• Supervise workshop sessions, alongside another volunteer</li> <li>• Collect or oversee the payment of member subscriptions, and ensure attendance is recorded</li> <li>• Assist and encourage members if needed with projects</li> <li>• Agree with members in advance on the price of projects that members make</li> <li>• Take payment for items when finished, issue a receipt, and record the sale</li> <li>• Meet potential new members, visitors &amp; ensure they comply with all safety requirements &amp; to sign in</li> </ul> |
| Skills / interests needed | <ul style="list-style-type: none"> <li>• An enjoyment of chatting to older male service users who may be lonely and isolated</li> <li>• Friendly personality and approachable manner</li> <li>• Ability to use own initiative to work alone, or as part of a team</li> <li>• Understanding of a workshop environment and/or working with power tools</li> <li>• Appreciation of the need to follow health and safety guidelines</li> </ul>                                                                                                                                                                                                                                                                                            |
| Process                   | Application Form, Interview, References will be taken, Basic DBS check                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Training                  | Induction plus training specific to the role, First Aid Training                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

For more information about any of these roles, please contact:

Vicky Pearce (Volunteering Co-ordinator)

Tel: 0115 8414 464 and 07872 839577

Email: [volunteering@ageuknotts.org.uk](mailto:volunteering@ageuknotts.org.uk)