

Ageing Well Programme encourages older people to participate in social and physical activities that promote good health and wellbeing. (See the Service section for more details)

We are currently looking for volunteers aged 18+ to do the following

Title, Location, Day & Time	Notes
<ul style="list-style-type: none"> • Care Homes Activity Volunteers • Across Cardiff & Vale of Glamorgan • Daily (including weekends) 	<p>Activity Volunteers provide conversation and fun activities to care home residents. Duties vary depending on your interests or skills: befriending people, delivering quizzes and board games, leading interest groups eg. creative writing, arts and crafts or bird watching. (feel free to suggest your own)</p> <p>Contact Alison on 0776 561 6361 for further details or email alison.haden@age-concern-cardiff.org.uk</p>
<ul style="list-style-type: none"> • Café Volunteer • Barry, • Weekdays • 9am till 1pm 	<p>Volunteers are needed to help in this community café at 38 Holton Rd, Barry the role involves</p> <ol style="list-style-type: none"> 1. Preparing Snacks and drinks for clients. 2. Taking payments and operating a till. 3. Light cleaning duties when shop closes. <p>Contact Nona on 01446 732385 for further details or email SHS@age-concern-cardiff.org.uk</p>
<ul style="list-style-type: none"> • Information Desk Volunteer • Barry • Weekdays • 9am till 1pm 	<p>Volunteers are needed to provide help, support and information to clients who use our community café. The role involves</p> <ol style="list-style-type: none"> 1. Offering information and support to clients 2. Referring clients onto the appropriate agencies if we cannot resolve their problems. 3. Booking appointments for the partner agencies who visit the cafe. <p>Contact Nona on 01446 732385 for further details or email SHS@age-concern-cardiff.org.uk</p>
<ul style="list-style-type: none"> • Admin Support • Caerau / Ely • Monday, Thursday • 9am till 2pm • Llantwit Major • Mon, Wed • 9.30am till 4pm (or part of) 	<p>Volunteers are needed for a range of office based tasks such as helping with mail outs, typing letters, helping create publicity material, ringing clients and maintaining databases. Computer literacy is essential for this role as databases are used.</p> <p>Contact Jackie for the Caerau role on 02920 578372 for further details or email Ageing.Well@age-concern-cardiff.org.uk</p> <p>Contact Chris for the Llantwit role on 07584 346 002 for further details or email Chris.Collins@age-concern-cardiff.org.uk</p>
<ul style="list-style-type: none"> • Community Club Volunteers • Llantwit Major Leisure Centre • Tuesday • 10.30am to 1.30pm • Penarth • T.B.A March 2012 	<p>Community Group Volunteers assist the organiser in greeting members, serving hot drinks, clearing and washing dishes, tidying up the venue. Also assisting with quizzes, bingo or other social activities. They would then see members off the premises at the end of the session.</p> <p>The Penarth Group will be created early in 2012. Contact Chris on 07584 346 002 or further details or email Chris.Collins@age-concern-cardiff.org.uk</p>

	concern-cardiff.org.uk
<ul style="list-style-type: none"> • Volunteer Drivers • Llantwit Major and the surrounding areas • Tuesdays 	<p>Volunteer Drivers are required to help club members to external events and activities. This would be done in the volunteers own vehicle or as a group driver using %Greenlinks+community transport vehicles.</p> <p>Contact Chris on 07584 346 002 or further details or email Chris.Collins@age-concern-cardiff.org.uk</p>

All volunteers need to have good interpersonal skills, be interested in healthy living and have the ability to work alone and within a team. Between 2-4 hours per week is required from most volunteers. Full training and support is given for each role, references and CRB checks are taken for all apart from administrators and travel expenses are paid.