

Working with older people

Many older people live far from their families or have become unable to leave their homes regularly. A small thing like taking someone to the shops can make a huge difference to an older person's day. You can be a part of the many local and national organisations committed to making sure that any older people who need assistance can get it.



Open Age

Open Age provides a wide range of physical, creative and mentally stimulating activities that enable older people to develop new skills and socialise. Their work includes the 'New Futures 50 Plus' project, supporting people over 50 in employment and training, and a drop-in information service.

Open Age depends on volunteers in all areas of its work, including planning and managing Open Age activities, as well as providing help in the reception and administrative services at our centres.

 020 8960 3722 **Volunteer Centre**


 www.openage.co.uk

Contact the Elderly

Once a month local volunteers pick up one or two older people and visit the home of a volunteer host. Here they all spend a few hours together, chatting whilst enjoying afternoon tea and good company.

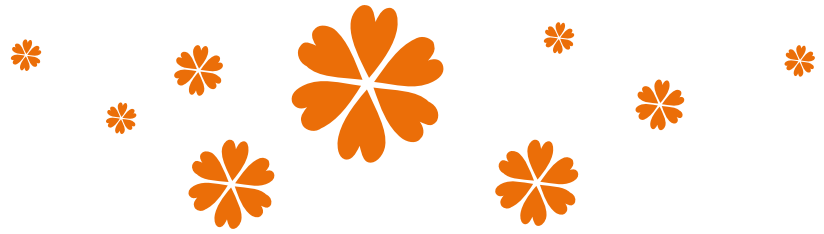
The older people who benefit from the service are over 75, live alone and are unable to easily get out on their own. With little or no contact with friends and family they can become isolated and joining a local group restores contact with the community.

To enjoy afternoons of great stories and ensure that the older people in your area are not forgotten you can volunteer as a driver or a host and make a difference to someone's day.

 0800 716543

 info@contact-the-elderly.org.uk


 www.contact-the-elderly.org



Westway Community Transport

Westway Community Transport provides a range of services for those who find using public transport a challenge. In addition to providing a fleet of minibuses for community groups, it offers door-to-door transport for individuals.

There are a number of volunteering possibilities, from vehicle maintenance to providing passenger assistance on shopping trips and excursions. Drivers can also use their own cars to provide one-to-one transport. All volunteers are fully reimbursed, supported and trained.

 020 8964 4928

 info@contact-the-elderly.org.uk

 www.westwayct.org.uk

Sixty Plus

With the help of over 150 volunteers who range in age from 16 to 84, Sixty Plus is able to offer that little bit of help which enables many older people to remain living at home for longer. Because it uses volunteers, all services are free of charge, enabling it to support the large number of members on means-tested benefits.

Volunteers at Sixty Plus befriend older people, offer practical help in the garden and around the home, and act as escorts to appointments or the shops.

 020 8960 3722 **Volunteer Centre**

 www.sixtyplus.org.uk

[case study]

"I started to volunteer as a minibus driver for the Sixty Plus shopping trips over ten years ago. I had been looking after my mother as her full-time carer for the last five years of her life, and after she died I felt really lost and useless. Then I saw an advert in St Mary's Hospital for volunteers in Kensington and Chelsea and via the K&C Volunteer Centre, I was put in touch with Sixty Plus.

I quickly got into the swing of driving once a week to the various supermarkets including Tesco Brent Cross, Morrisons Chalk Farm and Asda Park Royal and thoroughly enjoyed meeting all the wonderful people who come shopping. Sadly I have had to say goodbye to several that have died, all of whom became really good friends.

The trips are lots of fun and we have a great time singing along to all the old war songs, and pulling each other's legs. Everyone gets on well together and we are all good friends."

Mary Allen

Volunteer Driver
Sixty Plus

