

TIME FOR ME VOLUNTEER

Introduction

Time for Me is a project within Open Age; designed to promote health and wellbeing through social activities, events and outings for unpaid carers. The activity offerings, trips and events help to introduce fun experiences, foster community and a break for carers living in Kensington & Chelsea and Westminster boroughs.

We're looking for enthusiastic volunteers to join our team! If you enjoy spending time at the cinema, a reset at the spa, going to afternoon tea, catching a show at the theatre, or even hitting the bowling alley, this could be the perfect fit for you.

This is an opportunity to connect with others, explore new experiences, and apply your own unique skills—all while learning something new along the way. No two days are the same, so if variety excites you, we'd love to have you on board!

Volunteering with us will offer you such a rewarding experience in making a genuine difference in people's lives. Imagine being part of a flexible, supportive team where you can pick up new hobbies, support fun activities and gain highly transferrable and valuable skills along the way. You will also meet our lovely carers and form great connections with like-minded people who share your passion for helping others

Time For Me Volunteer Role

Someone who is empathetic, a good listener and collaborative. We also appreciate someone who can demonstrate an understanding of the demands of a caring role, and a fast-learner who is flexible and uses initiative. If you take pride in your communication and interpersonal skills, then we would love to hear from you

Time For Me Volunteer Tasks include:

There are various ways you can support Time for Me; you can be a befriender by doing home visits and enjoying a cuppa with carers who are unable to leave the person they care for. You can support our in-person activities, events and outings; in-person support can look like managing attendance registers, supervising and restocking refreshments/activity resources. Or maybe you prefer a more admin role? You can help us to plan activities, assist with mailouts, enhance our social media presence, carry out wellbeing check-ins or help us to manage our membership database.

Time For Me Volunteer Commitment

- We welcome volunteers who are keen to develop their leadership skills through leading our trips and activities. This can look like developing an event, supporting our members on an outing and/or facilitating workshops.
- Our activities and events typically range from 3-5 hours. Occasionally, we have full day and half day events. We are happy to discuss this with you in more detail about the hours that suit you.
- Depending on the nature of your role – whether admin or supporting in-person, you will be based at our Second Half Centre, out in the community or in/around our member's homes.
- Our team is very friendly and available to help with any issues or queries that you may have. You will have ongoing personal check-ins to support you with your role. You will enjoy fun activities in London for free at no expense to you; out of pocket travel expenses are reimbursed with a receipt. We will also have regular volunteer socials and outings so you can meet other volunteers in a relaxed setting and enjoy a treat for all your hard work.