Any questions?

Please give us a call if you would like any further information.

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The Team at Supporting Older People

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Larger print available on request

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Supporting Older People

Founded 1982

Volunteer Booklet

Our mission:

"We aim to alleviate loneliness and isolation often experienced by older people living on their own"

www.supportingolderpeople.org.uk

Registered Charity Number 1155682

Supporting Older People

Supporting Older People is a registered charity working in the Harrogate & Knaresborough area.

We are a dedicated charitable organisation with three part-time staff and have supported over 3000 people since our foundation in 1982.

Our core work is our befriending Scheme. We recruit and support suitable volunteers, who then visit older, isolated people who have been referred to us. We encourage volunteers of all backgrounds and ages.

Volunteer visitors offer support and friendship, usually on a weekly basis. This contact makes a lasting difference, raises self-esteem, maintains independence and greatly improves quality of life for the older person and, often, the volunteer.

We have a varied activities programme including Tea & Talk, Dining Out Club, music & Movement Group, Outings and our Over Sixties Singing Group. We celebrate International Day of Older People and Christmas with parties for clients and volunteers.

There are many ways to support us which include becoming a home befriender, joining our fundraising team, driving our member's to our activities or becoming a trustee.

Here are some images of the services we offer including our Outings, Music & Movement, Tea & Talk, Singing Group and Dining out Club.

Canal Trip

Lunch at The George

Tea & Talk

Bridlington Trip

Singing Group

Beamish Trip

Blackpool Trip

Castle Howard Trip

Reasons to volunteer

* Make a great friend
* Give something back
* Keep active
* Meet new people
* Be a positive influence
* Grow from the experience
* Raise awareness
* Gain personal satisfaction
* Be part of a team

MAKE A DIFFERENCE!

Do you have an hour or two a week to spare?

If so volunteer with Supporting Older People.

Home Befriender

The first step is to meet the Befriending Manager for an informal chat and to fill in an application form. We ask for two references and a Disclosing and Barring Service check. We match volunteers and clients carefully, based on the client's needs and the volunteer's skills and interests.

The Befriending Manager will go with you on your first visit to help “break the ice”. You will be issued with a Volunteer Handbook which covers the do’s and don'ts of volunteering with Supporting Older People.

Volunteers usually visit an older person in their own home. Some volunteers who have a car enjoy taking their client out, whilst others are happy to pop in for a cuppa and a chat.

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Driver

Transport is a major problem for people who are not as mobile as they used to be. We are seeking to increase our pool of volunteer drivers, who will bring people to our activities and events and take them home safely afterwards.

Drivers help out once or twice per month, and without this service many of our older clients would be housebound.

You will need to have a valid, clean driving license.

Music & Movement

We run a friendly group who meet every Tuesday at 10am for an hour of extend seated exercise followed by an hour of activities, chat and refreshments.

If anyone is interested in supporting this group we would love to hear from you.

Telephone Befriender

Would you like to make a difference to an older person who is feeling lonely?

As a Telephone Befriender we would ask you to call an isolated, older person once a week for a telephone call lasting approximately 30 minutes. A regular phone call can make all the difference to a person who may have lost touch with old friends and family or their health may prevent them from getting out and about.

Supporting Older People will give you the necessary support for the role and we will aim to match you with someone with similar interests.

Fundraiser

We have a very friendly and dedicated Fundraising Group, who organise events throughout the year, raising funds to help us maintain our work Supporting Older People. The more money we can raise, the more isolated people we can help!

We would love to hear from anyone who could help with fundraising in any way, whether it be suggesting ideas for new events, or helping with marketing, raffles, refreshments etc.

Fundraising meetings usually happen in the evening.

Trustee

We are always keen to hear from people who are interested in joining our Board of Trustees. Formal meetings take place quarterly, but our trustees also support many of our activities and events.

We are looking for professionals from any walk of live who share the values of Supporting Older People and would like to get involved in the charity.

Please get in touch if you are interested, we are especially looking for skills or experience in:

Accountancy
Fundraising
Training
Public sector
Knowledge of local businesses
PR and Marketing
IT