Volunteering Opportunities for January 2026



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.

Role Title	One off/casual Event Volunteers
Location	**Anywhere across Nottinghamshire where events are being held**
Time Commitment	On an irregular basis, as and when required. Availability during evenings and weekends would be helpful.
Tasks	• Supporting with bucket collection donations at a local theatre/event • Supporting with handing out leaflets at a local event Age UK Notts is represented at • Welcoming guests to Age UK Notts local events • Helping staff to host Age UK Notts local events– eg making and serving refreshments • Helping staff to set up before and clear away after a local Age UK Notts event
Skills / interests needed	• Individuals with a positive/can do attitude • Individuals who enjoy helping others • Individuals who are willing to help out at short notice • Individuals who are confident in chatting to others • Individuals who have a genuine interest in older people
Process	Please email volunteering@ageuknotts.org.uk with your name, contact details and whether you are happy to be contacted to support all future Age UK Notts events.
Training	None

Role Title	Companion Service Volunteer
Location	Supporting people 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. ***We are looking for volunteers with good daytime availability in specific areas of Nottingham and Nottinghamshire which are currently NG2, NG4, NG6, NG7, NG9, NG14, NG15, NG18, NG19***
Tasks	**The companion service volunteer can choose to be:** • A companion within the person's home • A companion outside the person's home • Or a combination of both **Examples** of the type of support the service offers include: • Supporting an older person/s hobbies and interests or simply chatting with them in their own home on a regular basis. • Supporting with digital access & building confidence skills & motivation to access the opportunities of the internet. • 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. • Where appropriate, supporting the older person to access other services through information and signposting or referring to the Companion Service Coordinator for support.
Skills / interests needed	• Individuals with an interest in the wellbeing of older people who are committed to volunteering regularly. • Commitment to complete our Volunteer Report Form accurately and regularly. • 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. • Digital literacy for those volunteers who choose to participate in this type of activity.
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

Role Title	Dementia Support Volunteers
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. We are particularly looking for volunteers on a Monday, Tuesday, Thursday and Friday
Tasks	The Sybil Levin Day Service is a specialist SPECAL-Led (http://contenteddementiatrust.org/what-is-the-specal-method/) day service supporting people with dementia and their carers using the SPECAL method. The tasks you may be involved with include the following: • Assisting centre attendees to engage in activities • Serving meals and drinks. • Helping to set up and clear away activities • Engaging in conversation with centre attendees.
Skills / interests needed	• People with a genuine interest in the wellbeing of people with dementia. • A friendly, sensitive and kind approach. • Being comfortable in small groups or on a one-to-one basis. • People with a commitment to always using the SPECAL method whilst at the centre. • Whilst not essential, we are also looking for volunteers who can: Play the piano, Play snooker, Play dominoes
Process	Application Form, Invitation to an immersive session at the Sybil Levin Day Service, References will be taken, Basic DBS Check. ***NB: This opportunity is not open to student volunteers.***
Training	Induction plus training specific to the role **You will also need to attend mandatory online 1-hour SPECAL training prior to commencing your role**

Role Title	Volunteer Walk Leader
Location	**We are looking for volunteers who have availability to support our walks across Nottingham and Nottinghamshire. While we are looking to expand, our current walks in the New Year will take place on Monday mornings at the Arboretum, Wednesday mornings at Highfields Park/Lakeside and Thursday mornings in Sneinton.**
Time Commitment	Minimum of one walk per week, every week
Tasks	Walk leaders can make a difference by creating safe, enjoyable and accessible walking opportunities that enhance health, wellbeing and social connection. The tasks you may be involved with include the following. • Offering a friendly welcome to all walkers, especially those joining for the first time. • Providing a short briefing before the walk to ensure all participants are prepared • Taking the lead in walks and ensuring they are safe, enjoyable and well managed • Addressing and resolving issues that arise during walks • Providing information about other Age UK Notts services and other walks offered by the scheme, and basic information about how to keep active • Attending occasional walk leaders' meetings, one to one meetings and relevant training • Making sure paperwork such as registration forms and registers are completed
Skills / interests needed	• A genuine interest in the wellbeing of people and community engagement • Friendly, welcoming and empowering with good communication skills • Knowledgeable about the basics of the benefits of walking and physical activity • Reliable, punctual, and well-organised and the ability to volunteer independently (but with guidance & support) • Confident at speaking in front of small groups & able to take control and be assertive when needed • Ability to complete basic paperwork punctually and accurately
Process	Application Form, Interview, References will be taken, Basic DBS check
Training	Induction plus training specific to the role **You will need to undertake mandatory half day Walk Leader Training prior to fully leading a walk**

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