



Medway Volunteer Network's Guide On Volunteering In Your Golden Years



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The Benefits Of Volunteering For Older Volunteers

Lots of people that are retired from work are sometimes challenged with looking for something to occupy their day – *and we believe volunteering could be the answer.*

Volunteering is a great way to continue to do worthwhile work and keep your confidence levels high at a time when it can be difficult to transition out of employment.

Other benefits can include improved mental and physical health, making new friends and an opportunity to socialise and get to know people in your local community.

Voluntary work hours can be flexible to suit you so you can still do the other things that matter to you.

Voluntary opportunities come in many shapes and sizes and you will usually find there is something to suit your experience or interests.



Having worked for several years you will have developed many skills which can still be used to benefit others. (either the voluntary organisation itself or their service users).





Alternatively you may want to do something entirely different and expand on a hobby or interest. If you like the great outdoors the MVN website has opportunities for dog walkers, maintaining green space and health walk leaders.

For more of a social setting perhaps working in a day centre or lunch club could be for you or maybe you feel an attachment to a certain charity and would like to give something back to them and support their clients!

Where To Find Volunteering Opportunities For Older People

- Medway Volunteer Network – [Click Here](#)
- Do-it – [Click Here](#)
- Charity Job – [Click Here](#)
- Age UK Medway – [Click Here](#)
- Carers First Medway - [Click Here](#)
- Befriending Together – [Click Here](#)
- Sunlight Trust – [Click Here](#)
- Medway NHS Foundation Trust – [Click Here](#)
- wHoo Cares – [Click Here](#)
- Friends of Wisdom Hospice – [Click Here](#)

Sign up to Medway Volunteer Networks monthly bulletin and let volunteer opportunities come to you by clicking [Here](#).

