

We're looking for friendly volunteers to help out

We are a national older people's charity offering group activities for the over-75s in your area.

Would you like to support local older people?

Our groups give older people a chance to keep fit and make new friends. Groups take part in a gentle activity, such as dancing, chair yoga, tai chi or gardening, then enjoy light refreshments together afterwards.

Activity lead

A welcoming friendly facilitator who can lead a group of around 4–15 over 75s in any gentle physical activity to get people moving, such as boules or chair exercise.

Group coordinator

Organised and friendly, you will take responsibility for setting up and running an activity group, including tasks such as coordinating volunteers and guests and arranging light refreshments.

Driver

Caring and reliable drivers with their own cars who can take one or two older people to the activity, drop them home again afterwards, and stay during the activity to chat and pitch in where needed.

Volunteering with Re-engage

- The chance to make a real difference to the lives of older, isolated people.
- Flexible volunteer roles, starting from only a few hours a month.



To find out more and register your interest visit our website at www.reengage.org.uk/volunteer email us at info@reengage.org.uk, call us on 020 7240 0630