

VOLUNTEERING

IN YOUR

RETIREMENT



**EVERYTHING YOU NEED TO KNOW
ABOUT VOLUNTEERING IN YOUR
RETIREMENT AND WHY YOU SHOULD
GIVE IT A TRY.**

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SURREY

VOLUNTEERING IN YOUR RETIREMENT

More and more, people approaching and entering retirement are taking up volunteering. Here in Surrey, thousands of people freely volunteer their time, skills and expertise. It is quick and easy to get involved and find a volunteering role you have a real passion for. Use your skills or try something completely new, all whilst helping the community and making a positive difference to people's lives.

If you are approaching retirement and would be interested in volunteering, follow this link for some [ideas to get you started](#).

Give as much or as little time as you like

Many volunteering opportunities available in Surrey are flexible, allowing you to give as much or as little time as you like, as often as you like. You may not even need to travel to volunteer, for example, some volunteers at Surrey Heritage research and write historical articles without leaving their homes. There are also plenty of [one-off opportunities to volunteer](#), including volunteering at events or ['micro-volunteering'](#) your time in bite-sized chunks.

On the other hand, if you are looking for routine in your retirement, there are plenty of regular volunteering roles that you can enjoy.



Rosalind

"I retired as a chief officer for a charity six years ago, and I soon began to miss the comradeship of being part of a team. When you work you have a role in life, which is good for your self-esteem. But when you retire there's a big gap. You look at your diary and suddenly it's empty. Of course, I see friends, look after the grandchildren and play bridge but I wanted to do something really constructive".

"I joined my local good neighbour scheme as a volunteer driver and found it so worthwhile that I then volunteered to join the committee too. There are over 100 good neighbour schemes across the county, most of which are supported by Surrey Community Action, providing community based support for people who need help with some of the basics of day-to-day living or who may not have easy access to transport."

"Joining the good neighbour scheme was a natural fit as I had worked with older people before in my job. It's so easy to fit in driving jobs around my other commitments and the committee only meets three times a year so that's manageable too".

"I'm not old; I still have plenty of energy to do things. Joining my local good neighbour scheme has enabled to meet people from all walks of life and I've really hit it off with some of my volunteer colleagues too."

To find out more about joining your local Good Neighbour scheme, go to <http://www.surreyca.org.uk/services/good-neighbour-schemes/>

Use your skills to help others

Now is a better time than ever to volunteer. Use and develop the skills you have gained over the course of your career to help other people and your community. You may not even realise the expertise you have and the power you have to help other people.

You could exchange your time and skills in return for 'time credits' to spend with others in the community as a part of a **local Time Bank**. You could cook, teach languages, walk dogs, do gardening, or anything else you have to offer. Or, perhaps volunteer your driving skills as a part of a local **Voluntary Car Scheme** to provide supportive services to members of the local community.

To help you find the volunteering opportunity which would most suit your skills, you can look here for **some more ideas**.



John Bangs

“Alongside my role as a Carers Strategy & Development Manager, I offer my skills through free consulting to the Association of Directors of Adult Social Services (ADASS), helping them to produce guides on supporting young carers and advising about approaches to supporting families with caring responsibilities.”

“I also do voluntary work with Kingstonian Football Club, helping to raise awareness for carers in the community, by introducing initiatives such as concessionary entry fees for carers.”

“I took flexible retirement at the age of 62. I heard about the idea from a colleague two years ago and then saw more details about it online. My volunteering role helps to keep my job so interesting. It allows me to continue to offer my skills in a way that is socially valuable. It has given me opportunities to do fun and positive things, and allows voluntary organisations to use my expertise to help other people.”

“Many volunteering opportunities give you the chance to try something first to see if you enjoy it and have a passion for it. Pick something you care about and give it a try.”

To find out more about opportunities to volunteer with Action for Carers Surrey, go to <http://www.actionforcarers.org.uk/get-involved/volunteer/>

Try something new

Alternatively, try something new. Perhaps you've always had a passion but never had the chance to pursue it. Maybe you're simply looking for something completely different and new. Either way, you can volunteer in a role that interests you.

Some organisations even offer taster volunteering sessions first to see if the role is right for you before you make any further decision. Turn your hand to archaeology with [Surrey Heritage](#), take on a role at your [local library](#), or learn practical skills with a local [Men in Sheds](#) scheme.

A volunteering role might also complement an adult learning course as you gain skills and experience alongside one another. You can follow this link to find out more about [adult learning opportunities](#).

You may even discover that you can help others in a way you might not have thought of. For example, many volunteers with the Community Youth Work Service are retired, helping to mentor and improve the lives of younger Surrey residents.



Teresa Franzkowiak

"I always had an interest in archaeology that I never had the chance to follow. I took early retirement to look after my newborn grandson and saw volunteering as a positive opportunity to stay active and fill my time."

"Now, I volunteer with the Surrey Community Archaeological Unit once a week. As a part of this, I might be out on digs or inside helping to catalogue, sort, draw or photograph interesting historical artefacts found by archaeologists."

"I have ended up doing what I love. I get real enjoyment from it and have the chance to meet people from all sorts of different walks of life."

"I couldn't just sit around; it's about having the confidence to volunteering and knowing that you will be welcomed by organisers and other volunteers."

"Having had such a good experience, I now manage volunteers myself, at the Surrey Heath Archaeological Heritage Trust."

To find out more about volunteering to keep Surrey's history alive, go to

<https://www.surreycc.gov.uk/get-involved/be-a-volunteer/volunteering-ideas/surreys-culture-and-heritage>

Keep active and healthy

Volunteering roles offer you the chance to stay active and healthy. Whether you are volunteering in the outdoors with the [Surrey Countryside Partnerships](#), or incorporating a volunteering role with [Bucks and Surrey Trading Standards](#) into your shopping trip by reporting faulty products at market stalls, there are plenty of opportunities to get out into the community, keep healthy, and meet new people.

Royal Voluntary Service Impact Report (2016): “Research by Professor James Nazroo found that older people who volunteer are happier, healthier [...] and have a better quality of life than those who don’t”.



Geraint Jenkins

“I do all sorts of volunteering. I have also done a lot of international charity work, as a trustee of Caterham Overseas Aid Trust and the co-founder of Community Health and Education for the Children of Kimilili, which has raised over £150,000 and has organised trips for local people to volunteer at schools and a hospital in Kenya.”

“More locally, when I worked as a teacher for 32 years, I used to organise activities for various charities, including St Mungo’s and Crisis at Christmas. I now volunteer at The Miller Centre, a theatre and activity centre for elderly residents from the Caterham and District area.”

“I get a lot from volunteering. You get a feeling of personal fulfilment because you continue to feel useful to society after retiring. I also think volunteering is really important to help to provide fantastic facilities for the community and enhance the environment we live in.”

“How do I find the time? There’s definitely time for volunteering in retirement. It makes me feel young again. I wake up in the morning feeling positive, thinking “let’s get cracking!”

To explore other opportunities to support older people and vulnerable adults, go to <https://www.surreycc.gov.uk/get-involved/be-a-volunteer/volunteering-ideas/older-people-and-vulnerable-adults>

How to get involved

There are lots of different ways to get into volunteering.

Look Online: Find more ideas of volunteering opportunities and more information about volunteering in general at: <https://www.surreycc.gov.uk/get-involved/be-a-volunteer>.

Go Direct: If you already have an organisation in mind that you would like to offer your skills to, you can contact them directly to see if they have a volunteering opportunity available.

Talk to someone: Whether you talk face-to-face or over the phone, your local volunteer centre can help you find the role that's right for you, give you advice, and answer any questions you may have about volunteering.

Before you contact your local Volunteer Centre, you may find it helpful to think about if there is a particular cause you would like to support, what skills might you want to use or develop through your volunteering, where you would like to volunteer, and how much time you feel you can offer.

Find your local Volunteer Centre

Use the links below to find your local Volunteer Centre:

- [Elmbridge](#)
- [Epsom and Ewell](#)
- [Guildford](#)
- [Mole Valley](#)
- [Reigate and Banstead](#)
- [Runnymede](#)
- [Spelthorne](#)
- [Surrey Heath](#)
- [Tandridge](#)
- [Waverley](#)
- [Woking](#)

Elmbridge

Elmbridge Volunteer Centre

Address: No.1 the Quintet, Churchfield Road, Walton on Thames, KT12 2TZ

Tel: 01372 463587

Email: contact@vae.org.uk

Opening hours: Monday to Friday 10am–3pm

Epsom and Ewell

Epsom Volunteer Centre

Address: Old Town Hall, the Parade, Epsom, KT18 5AG

Tel: 01372 722 911

Email: volunteering@vamidsurrey.org

Opening hours: Monday, Wednesday and Thursday 10-1pm

Guildford

Guildford Volunteer Centre

Address: 39 Castle Street, Guildford, GU1 3UQ

Tel: 01483 565456

Email: guildfordvc@vasws.org.uk

Opening hours: Monday to Thursday 10am–3pm

Mole Valley

Dorking Volunteer Centre

Address: the Mayflower Centre, Lyons Court, Dorking

Tel: 01306 640369

Email: vcdorking@vamidsurrey.org

Opening hours: Monday, Tuesday and Friday 10am–1pm

Reigate and Banstead

Reigate and Banstead volunteer centre

Address: Suite 1, Floor 2, Tower House, 3 Cromwell Road, Redhill, Surrey, RH1 1RT

Tel: 01737 762115

Email: volunteer@rbcvs.org.uk

Opening hours: Monday to Friday 10am–3pm

Runnymede

Voluntary Support North Surrey

Address: 6 the Sainsbury Centre, Chertsey, KT16 9AG

Tel: 01932 571122

Email: info@voluntarysupport.org.uk

Opening hours: Monday to Thursday 9am-4pm, Friday 9am–1pm

Spelthorne

Voluntary Support North Surrey

Address: Staines Library, Friends Walk, Staines, Middlesex TW18 4PG

Tel: 01932 571122

Email: info@voluntarysupport.org.uk

Opening hours: Monday to Thursday 9am-4pm, Friday 9am–1pm

Surrey Heath

Voluntary Support North

Address: Surrey Community Link, Ian Goodchild Centre, Knoll Road, Camberley, GU15 3SY

Tel: 01276 707565

Email: info@voluntarysupport.org.uk

Opening hours: Monday to Thursday 9am-4pm, Friday 9am-3pm

Tandridge

Caterham Volunteer Centre

Address: Caterham Library, Stafford Road, Caterham CR3 6JG

Tel: 01883 818350

Email: caterhamvc@tvsc.org.uk

Opening hours: Monday to Friday 10am-12 noon

Lingfield & Dormansland Volunteer Centre

Address: Community Centre, High Street, Lingfield RH7 6AB

Tel: 01342 836774

Email: lingfieldvc@tvsc.org.uk

Opening hours: Monday and Wednesday 10am-1pm, Tuesday 2-4pm (or by appointment)

Oxted Volunteer Centre

Address: the Community Hub, 1st Floor, Library Building, 14 Gresham Road, Oxted RH8 0BQ

Tel: 01883 715785

Email: oxtedvc@tvsc.org.uk

Opening hours: Monday to Thursday 10am-12:30pm

Waverley

Farnham Volunteer Centre

Address: Vernon House, 28 West Street, Farnham, GU9 7DR

Tel: 01252 725961

Email: farnhamvc@vasws.org.uk

Opening hours: Tuesday and Thursday 10am-2pm

Godalming Volunteer Centre

Address: The Hub Godalming, 94 High Street, Godalming, GU7 1DW

Tel: 07825 331568

Email: godalmingvc@vasws.org.uk

Opening hours: Tuesday 10am-12 noon

Woking

Woking Volunteer Centre

Address: Provincial House, 26 Commercial Way, Woking, GU21 6EN

Tel: 01483 751456

Email: volunteer@wavs.org.uk

[SURREYCC.GOV.UK/VOLUNTEER](https://surreycc.gov.uk/volunteer)

