

Volunteering in retirement



Thinking about how you will spend your time in retirement?

Whether you have already retired or are thinking ahead to when you will retire, why not choose to give some of your time to get actively involved as a volunteer. Many people who retire find the first six months of not going to work a welcome break but then begin to feel they want to try something new. Almost two thirds of our volunteers are over 55 years of age and bring a wealth of life experience to helping people in Flintshire.

Why volunteering matters?

You can give so much to your community by volunteering your time. Citizens Advice Flintshire is a charity and relies on volunteers to be able to help thousands of people every year to get the right information and advice they need for the problems they face. Volunteering can be hugely rewarding when you see how people can be helped.

Volunteering is a great way for retired people to ...

- Stay active
- Use your experience and skills
- Make new friends
- Be part of an enthusiastic team
- Learn new skills

Many retired volunteers say volunteering is a great active outlet helping to keep your mind sharp and stay positive. Some research suggests that retired people who volunteer are happier, less socially isolated and have a better quality of life than those who don't. Why not reap the benefits of volunteering as well as benefiting the community?

What do volunteers at Citizens Advice Flintshire do?

Volunteers are involved in a wide range of activities. These include meeting and greeting clients at reception, carrying out short diagnostic interviews and researching problems to provide advice to clients. Volunteers are also involved in activities behind the scenes which are just as important to the smooth running of the charity – for example admin work and helping with fundraising, marketing and publicity. See our website for details of all our volunteer roles – www.flintshirecab.org.uk .

How much time do I need to commit?

The amount of time you need to commit varies depending on the role you're interested in. We usually ask for a minimum of one full day a week plus additional hours during the training period for the volunteer roles working with clients – receptionists, assessors and advisers.

For the role of gateway assessor we are particularly keen to hear from people who can volunteer for a minimum of six months and for the role of adviser we are looking for people who are interested in making a long term commitment to volunteering of twelve months plus.

We can offer more flexibility of hours for the volunteer roles behind the scenes – helping with admin, fundraising and marketing.

What training will I receive?

Volunteers receive full training and support. Again the amount of training varies depending on the role. For all roles there is an opportunity to shadow other volunteers and learn from them before taking on the role yourself.

Here's what some of our volunteers say...

"I look forward to volunteering every week. It's really enjoyable, and you meet people from all walks of life"

"It's something I always wanted to do, but didn't have time when I was working".

"It's a great way to use the experience you've gained throughout your working life".

Are expenses paid?

Volunteer travel expenses are paid. And volunteering should not affect any benefit entitlement.

What next?

If you would like an informal chat about volunteering and/or to apply please:

- email training@flintshirecab.org.uk or
- telephone our Training Officer on 01244 846705 Tuesday to Thursday or 01352 706840 Monday and Friday.