
Sharing Time



Friendship and Support you can trust

Our objectives are to help older people to maintain their independence and health and wellbeing, by providing services that meet individual needs.

Contact Us



01354 691 898



sharingtime@ageukcap.org.uk



www.ageukcap.org.uk



@AgeUKCAP



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“I look forward to
seeing my volunteer
so much. We have
a laugh!”



Sharing Time



Support is in the form of regular contact from a fully trained volunteer whose aim is to share their time, friendship and help. Contact is usually once a week either by a visit to your home or a telephone call.

A volunteer can offer:

- Conversation - listening and talking.
- Sharing reminiscence - looking at photos.
- Play board & card games, share crosswords & puzzles.
- Read post, help with correspondence and make phone calls.
- Provide a link to other services and support.

A volunteer cannot:

Do housework, shopping or gardening, deal with money or bills or provide any personal care.



What to expect from us:

- A weekly home visit, or telephone call.
- Volunteers who are carefully screened.
- The same volunteer to visit you.
- Personal information to be kept in confidence.
- To be respected and valued as an individual.
- Contact with a named Age UK employee regarding the Sharing Time service.

What we expect from you:

- Notify us of any changes to your circumstances and if you can't keep arrangements made with your volunteer
- Let us have your comments on the service.
- Provide a smoke free environment during visits.
- Refrain from offering money and gifts exceeding £10.00 per year to the volunteer.

Our Services



Age UK Cambridgeshire & Peterborough offers a variety of services for older people and their carers.

Information and Advice Services:

Including Visiting Support Service for Older People

Practical Services:

- Community Wardens and Support at Home
- Homes and Gardens (Housework and Gardening)
- Cambridgeshire Handyperson Service

Social Opportunities:

- Day Services & Friendship Clubs
- Sharing Time
- Volunteering

We also:

- Campaign on issues that affect older people
- Offer **free** talks to clubs and professionals
- Host General Meeting events – providing information, entertainment and opportunities to gather public views and opinions
- Have meeting rooms available for hire in Cambridge and Peterborough



For more details about any of our services, please call us on: **0300 666 9860** or email **infoandadvice@ageukcap.org.uk**



Get Involved

Why not get involved and help Age UK Cambridgeshire and Peterborough to continue providing high quality services to people in later life.

If you have some spare time, there are lots of things you can do, whether you want to give your time by volunteering, take part in a fundraising event, or help with our campaigns, your help would be much appreciated.

- Volunteering
- Fundraising
- Make a Donation
- Leave a legacy

[www.ageuk.org.uk/
cambridgeshireandpeterborough/get-involved/](http://www.ageuk.org.uk/cambridgeshireandpeterborough/get-involved/)





#ProudtobeAgeUK

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Find us on facebook and twitter

Supported by:



Age UK Cambridgeshire and Peterborough is a charitable incorporated organisation registered with the Charity Commission for England and Wales with registered charity no. 1165856
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