



## Calling Men aged 50+ to Volunteer



### Male Buddy Volunteers aged 50+ Required

Volunteer Now is currently looking for men aged 50+ willing to “buddy” and support other more isolated older men. This would be for a short period of time to help these men to join and integrate into existing men’s groups as well as other activities. The objective is to build their confidence to the point that they can do this on their own.

#### Benefits include:

- Helping other older men to broaden their social networks and become more engaged
- 1-4 hours per week
- Various locations available
- Full training and ongoing one to one support
- Volunteer expenses paid to cover travel etc

Have you retired or are currently volunteering – are you looking for a new opportunity. We would love to hear from you. **Please contact Frank Johnston at Volunteer Now on 028 90 232020 or e-mail [frank.johnston@volunteernow.co.uk](mailto:frank.johnston@volunteernow.co.uk)**