

# Have you ever thought about volunteering?

Many volunteers are over the age of 50 and find that activities keep them active, gives them a great sense of achievement, is fun and helps them meet new people.

People can volunteer for a wide range of work and activities including:

- befriending an older person
- voluntary driving/minibus schemes
- charity shop work
- working with animals
- conservation work
- education
- painting/decorating
- sports coaching
- walking clubs
- arts, crafts and theatre.

If you would like to volunteer in Nottinghamshire visit [www.yearofthevolunteer.org](http://www.yearofthevolunteer.org) to find out about opportunities in your area or phone **01623 651170** or visit [www.navo.org.uk](http://www.navo.org.uk)



Networking Action with  
Voluntary Organisations



Nottinghamshire  
County Council

**No substitute for experience**



## Networking Action with Voluntary Organisations

Sharing information & promoting partnerships in Nottinghamshire, county and city

January 2006

The poster overleaf has been produced in association with Nottinghamshire County Council to promote volunteering for older people.

It uses the Positive Images photographs by Helen Voce released and publicised by NAVO in 2005.

As part of the ChangeUp process in Nottinghamshire, a new organisation Volunteering Nottinghamshire is being set up to develop volunteering in the county and city. In due course this organisation will become the natural contact point and focus for volunteering initiatives.

NAVO is acting as an interim contact for the time being. We can signpost enquirers to local volunteer centres and bureaux, and to other agencies which offer volunteering opportunities and support. As co-lead of the ChangeUp Consortium (Infrastructure Consortium) we can also direct you to the latest information on Volunteering Nottinghamshire.

Copies of the poster in colour are available via Jane North in Social Services Department at County Hall,. A CD of digital versions of the photographs themselves (50 in all) is available from NAVO.

20 St John Street, Mansfield, NG18 1QJ

Telephone: 01623 651170 Fax: 01623 649586 e-mail: [info@navo.org.uk](mailto:info@navo.org.uk) [www.navo.org.uk](http://www.navo.org.uk)

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