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**Volunteer Application Form**

Registered Charity No. 1160125

Open Age, St. Charles Centre for Health & Wellbeing

Exmoor Street, London, W10 6DZ

020 4516 9978 [www.openage.org.uk](http://www.openage.org.uk)

First Name:

Last Name:

Address:

Telephone: Home - Mobile –

Email:

How do you prefer to be contacted? (tick/type yes next to your preference)

Home phone Mobile Email No preference

How did you hear about us?:

Please state why you would like to volunteer with Open Age:

If you have any qualifications, training and/or previous work experience (this could be volunteer work or paid employment) please describe briefly:

What days/hours are you available to volunteer?:

Please tick/type yes to what type of volunteer work you are most interested in:

Be Active Programme (see below)

Reception (answering phone, welcoming visitors, giving information)

IT training support

Supporting activity sessions

Teaching sessions/sharing a hobby interest

Admin support

Delivering/posting publicity

Data entry

Other (please indicate)

**Be Active Programme**

The Be Active Programme is a 9-12 week programme to support a 60+ person’s mobility through encouraging them to meet their activity goals and prescribed exercises; training is included. **Volunteers need to be 21 or older to participate in Be Active.**

This programme may take place in and around the person’s home. Please indicate below which areas you would be able to volunteer in (tick/type yes next to as many as apply):

North Kensington (e.g. Ladbroke Grove, Notting Hill, etc.)

Central & South Kensington (including Earl’s Court)

Chelsea

North Westminster (e.g. Queen’s Park, Westbourne, Paddington, etc.)

South Westminster (e.g. Pimlico, Westminster, etc.)

No preference – can go anywhere

Please give the name and address of two people who will act as a referee for you (The referees should not be relatives.)

Name:

Relationship to you:

Email:

Address:

Telephone:

Name:

Relationship to you:

Email:

Address:

Telephone:

Signature: Date:

For more information about how we process and retain your data please email: mail@openage.org.uk