



## The voice of Older People in the City of Bristol

Our aim is that every older person in the city is an equal, valued, participating member of the community who can influence the decisions affecting their lives

### Volunteering with Bristol Older People's Forum

**We need volunteers of all ages and backgrounds. The skills, energy, brilliance and patience of our volunteers bring BOPF to older people in all areas of this great city.**

Members throughout the city and beyond are often isolated or dependent, and in whatever circumstances we seek to learn their needs, experiences and opinions, in order to inform council, health, social, community and transport providers.

You might offer something we haven't thought of, meanwhile, if you have experience of, or would like to try one or even two of the things listed here; *please talk to us!*

**Office** tasks in our Victoria Street office or at home (data entry, letter writing, research, contacting, calling etc),

**Public** meetings, help make things happen and go smoothly (lead a discussion group, make tea; anything to make a meeting useful and enjoyable for all),

**Fundraising** and/or publicity skills and ideas,

**Information** gathering, attending events and conferences, talking to individuals and communities for opinion, needs and ideas,

**Staffing** BOPF stalls at community and city events, hospitals, shopping areas etc.

**Trustees** are at the core of BOPF; if you are interested in becoming one you will be invited to informal interview and familiarisation. Short training courses are offered when available. While we welcome younger minds with specific skills or experience, the majority of the board are 55 or over. You will be expected to attend up to 8 meetings per year in central Bristol, and willing to accept agreed board level tasks. As a trustee, you may also opt to take on other voluntary tasks as you see fit; there is no pressure, it's enthusiasm that counts. You would be welcome to attend a meeting as an observer before deciding.

*Everything is voluntary, with agreed out of pocket expenses.*

**We embrace all cultures and backgrounds; and through our lively newsletter, website, open forums, on radio, on the street, and in discussion and interest groups, we feedback, listen, influence,....and occasionally entertain!**

Find details of all our work, including our Manifesto and member newsletters on [www.bopf.org.uk](http://www.bopf.org.uk) and/or for an informal chat please contact:

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