involve **Volunteer Role Description**

Age Friendly Ambassador – Sevenoaks

Supported by	Volunteer Coordinator
Location	From home, remotely and/or across Sevenoaks
Commitment	Flexible and dependent on your availability. No set times, days or hours.
DBS	Basic DBS required (provided by Involve)

Purpose of the role

Age Friendly Ambassadors help make Sevenoaks a place where people of all ages can live well, feel valued and stay connected to their communities.

As an Ambassador, you will use your interests, experiences and networks to promote positive ageing, challenge ageism and share insights from your community. There are no set tasks - you choose how you'd like to be involved.

As part of the role, we'll invite you to share a simple monthly snapshot of anything you've been involved in to help us understand what's happening in communities and make sure your experiences and ideas shape the Age Friendly programme.

Your contribution helps ensure older people's voices are heard and supports the development of Age Friendly Communities across Kent.

What an Age Friendly Ambassador might do

This is a flexible role with no set activities. Ambassadors choose what fits their interests, skills and the time they want to give. Examples include:

- Promoting positive messages about ageing in your community, workplace or networks.
- Sharing local insights and lived experience with the Age Friendly Communities team and Partner organisations to help shape local priorities.
- Encouraging older people to take part in consultations, campaigns or community conversations.
- Supporting local Age Friendly initiatives or campaigns in a way that feels comfortable to you.
- Connecting with others and raising awareness of what makes places welcoming and accessible for all ages.

Time Commitment

This role is very flexible with no set hours. You can give as much or as little time as you wish, and fit the role around your existing commitments. Some Ambassadors take part occasionally, while others get more involved - it's entirely up to you.

Who Can Be an Ambassador?

This role is open to anyone aged 50 and over who cares about their community and wants to help make Sevenoaks a great place to grow older. No special skills or experience are needed - just an interest in positive ageing and a willingness to get involved in ways that suit you.

It may suit you if you enjoy connecting with others, sharing ideas or supporting inclusive and age-friendly communities.

What You'll Receive as an Ambassador

We deeply value our volunteers and the time, energy and insight they bring and want every Ambassador to feel supported, appreciated and confident in their role. All Age Friendly Ambassadors will receive:

- An Age Friendly Handbook and Ambassador badge
- Mandatory introductory training to get you started
- Opportunities for further optional training and sessions
- Reimbursement of agreed out-of-pocket expenses, such as travel costs.
- Invitations to Ambassador meetings and volunteer events
- A regular volunteer newsletter with updates and opportunities
- Support from a designated Volunteer Co-ordinator
- References for future roles, if you would like them.

How to get involved

We'd love to hear from you if you're interested in becoming an Age Friendly Ambassador:

- Submit an online enquiry form via our website: involvekent.org.uk/support-us/volunteer/
- Call our team to have an informal chat and ask any questions: 03000 810 005
- Email us if you'd prefer to get in touch in writing: volunteering@involvekent.org.uk

We're always happy to talk through what the role involves and help you decide whether it's the right fit for you.