



# Empower Older People with Be Active

**Be Active Volunteers help people over 60 improve confidence, rebuild strength, and connect with their community.**

Work one on one over 9 sessions to support rehabilitation exercises and achieve activity goals. Volunteering takes place in Westminster and Kensington & Chelsea.

**Qualifications?** Enthusiasm & Empathy

**Ph: 020 3859 7283**

**Em: [BeActive@openage.org.uk](mailto:BeActive@openage.org.uk)**

[www.openage.org.uk/be-active-programme](http://www.openage.org.uk/be-active-programme)

Minimum volunteer age: 21. Training provided.

