



INTERESTED IN VOLUNTEERING?

Could you help OCAY

to help older people to have their voices heard?

WHAT DOES OCAY DO?

OCAY is an advocacy organisation for people aged 50+ in York.

This means that we help older people to take charge of their lives by supporting them to speak up on issues affecting them.

Older people may be facing changes or difficult choices in their lives. They may find it difficult getting their voices heard and their views listened to.

OCAY is a local, independent charity, and the advocacy work it does is free and confidential.

OCAY has four part-time staff, and a large team of volunteers.

WOULD YOU LIKE TO GET INVOLVED IN SOMETHING REALLY WORTHWHILE, HELPING OLDER PEOPLE IN YORK?





Do you have some of the following qualities and skills?

- Passionate about older people's issues?
- A good listener and good at getting on with people?
- Like helping to right wrongs?
- Good ideas?
- Energetic and willing to commit some time?

OCAY volunteers - what do they do?

There are several ways in which you can use your skills:

- You could become an **ADVOCATE** and help people to make their voices heard by working one-to-one
- You could help us get out into local communities through our **COMMUNITY PALS** programme, visiting groups and telling people about OCAY services
- You could contribute your ideas, skills and time to our **FUNDRAISING** activities
- You could become a **TRUSTEE** and help to give OCAY strategic direction and positive input

What's in it for you?

- An enjoyable and rewarding experience
- Flexibility of time commitment
- Training to develop and update your skills
- Friendly and helpful support from the OCAY staff team
- Volunteering expenses paid



If you are interested in finding out more about OCAY, and about what volunteering involves, contact us by telephone, email or through the website

HOW TO CONTACT US

Post / Call In

Older Citizens Advocacy York
The Priory Street Centre
15 Priory Street
York
YO1 6ET

Tel

01904 676200

Email

info@ocay.org.uk

Normal Opening Times

Monday to Thursday
10.00 – 3.00pm
Friday 10.00 – 2.00pm

Web

oldercitizensadvocacyyork.org.uk



www.facebook.com/OcayYork



[@OcayYork](https://twitter.com/OcayYork)

Helping older people in York

Together we can make a difference



LOTTERY FUNDED

plus other donations
registered charity number: 1173795

Donations

We welcome donations of all sizes everything helps support our work within the local community.

Donations can be cheque, cash, bank payments and also made online please contact the office for further information.