

INTERESTED IN VOLUNTEERING?



**Helping older people in York 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. We run with a small team of paid staff and over 22 committed volunteers.



Volunteering with OCAY

- Full Advocacy training with support from the OCAY staff.
- Passionate about older people's issues?
- A good listener and good at getting on with people?
- Helping people to take control of their lives?
- Energetic and willing to commit some time?
- Volunteering Expenses Paid.

You can be:

An ADVOCATE - help to make their voices heard by working 1-1 with clients.

A TRUSTEE - helping to give OCAY strategic direction and positive input.

A FUNDRAISER – helping us raise funding so we can help more older people in York.

A COMMUNITY FRIEND – helping us reach people in their own communities.

HOW TO CONTACT US

Post / Call In

Older Citizens
Advocacy York
15 Priory Street
York
YO1 6ET

Normal Opening Times

Monday to Friday
10.00am – 3.00pm



info@ocay.org.uk



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



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oldercitizensadvocacyyork.org.uk



www.facebook.com/OcayYork

Helping older people in York

Together we can make a difference



Registered Charity
Number: 1173795

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

Donations can be cheque, cash, bank payments and on our website.