

Age UK work experience

This placement takes place on alternate Fridays at the Humphrey Booth day centre, run by Age UK in Salford. The general aim of the placement is to introduce students to the idea of volunteering in their local community, and in particular to the idea of supporting the elderly.

The group start each year by thinking of activities that would be suitable for the service users at Age UK to participate in. This year, for instance, the group decided to take Dominoes, Boccia and Lego to the day centre. The students first learnt how to play these games before taking them to the service users.

There are many benefits to this work placement. The students get to improve their interpersonal skills by interacting with the visitors to the centre. They are also encouraged to develop decision making skills to evaluate how the activities are going and how they can be improved. Finally, they develop their self-confidence and self-belief by being in charge of the activities.

The students are well received by both the staff and the visitors to the centre. Both report that they really look forward to the Northridge students arriving and are sad to see us go!