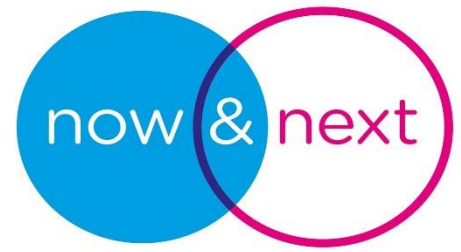


Pre-Retirement Workshop Facilitators

Would you like to volunteer to make a difference to people thinking about or approaching retirement?



Are you over 50 and recently retired or know someone who is?

Would you or someone you know like to make a difference to people transitioning into later life and retirement?

We are looking for volunteers to facilitate our pre-retirement workshops.

Making the decision to retire is one of the most significant life decisions a person will make.

At Age Scotland we know the more planned and thoughtful individuals are about preparing themselves, mentally, emotionally and financially the healthier and happier the experience will be.

Age Scotland has developed a new brand aimed at the 50+ group called 'Now & Next' with the pre-retirement workshops 'Planning for Later Life' being the first to launch under this brand.

We aim to inspire and engage with people through an informative and interactive workshop providing guidance and support on transitioning into later life.

Workshop Details:

Our workshops are for up to 16 individuals thinking about or approaching retirement. The workshops cover topics such as legal and financial information delivered by local professionally qualified guest speakers to ensure the information is accurate and in line with the latest legislation. However when you retire there is more to think about than just financial aspects and so our workshops combine this with many other important topics such as health and wellbeing and coping with change.

Two volunteers facilitate each workshop. Workshops are held in Glasgow, Edinburgh, Aberdeen and Dundee and volunteers can choose one or more of these locations.

We ask for a minimum commitment of facilitating 1 workshop per month and workshops run from 8.30am until 5pm and can be 1 or 2 (consecutive) days.

No previous experience is necessary as full training will be provided by Age Scotland and all out of pocket travel expenses will be re-imbursed. Lunch and refreshments on the day is provided.

If you would like to find out more please contact **Stacey Kitzinger** on 0333 323 2400 or Stacey.kitzinger@agescotland.org.uk