

Carer Groups Assistant Volunteer

As an assistant, you'll support carer groups, helping carers share their experiences, reduce stress, and combat loneliness. You'll actively listen, provide information, and assist with any practical tasks, such as setting up the room or making tea and coffee.

You'll work closely with a Wellbeing Worker (Group Facilitator), providing feedback and highlighting any safeguarding concerns.

The Difference You Will Make:

You will help ensure carers feel supported and heard by assisting group sessions.

"It's a monthly dose of reassurance. We are all in different boats but travelling a very similar journey. The best parts are when there's a spontaneous giggle together, what a release. It's a reminder to try and find some humour, it's so wonderful during such challenging times" – Carer Group Attendee.

"Thank you so much for being such an inspirational mentor. I have learnt so much from you. It really strengthened my faith in the power of love to see how you are all our incredible carers in the group show up for your loved ones again and again. It inspired me to make sure to continue to be an advocate for unpaid carers, especially in my workplace"- Kyla, Carer Group Volunteer.

Role Expectations:

- The Assistant will join and support the facilitation of the group alongside the Facilitator, ensuring a warm welcome to those that wish to join us. We want to create a safe environment for people to be able to talk about their caring roles when they feel comfortable to do so.
- The Assistant will achieve this by actively listening and responding to issues and concerns raised by the carer if able to do so.
- They will feedback to the Facilitator after the group, including any concerns for the carer or further action required.

Skills and Qualities Needed:

- Active listening and effective communication.
- Confidence in group settings.
- Understanding of carer issues.
- Empathy and a caring approach.
- Non-judgemental attitude and ability to maintain boundaries.
- Commitment to promoting carer health and wellbeing.

Equipment Needed:

- Access to a computer/laptop and Wi-Fi for training and communication.

Training and Support:

Mandatory training includes:

- Volunteer Induction
- Online Basic Adult Safeguarding
- Assistant specific training/ Shadowing period/Carer group facilitation
- Online GDPR
- Online Basic Health & Safety

Potential access to further training, depending on availability

Locations, Timings, and Commitment:

Worthing

- Location: Worthing Town Hall, Chapel Road, Worthing, BN11 1HA
- Time: Monthly on the first Tuesday, 10:15 am – 12.45 pm.

Lancing

- Location: Lancing Parish Hall, 96 South Street, Lancing, BN15 8AJ.
- Time: Monthly on the second Wednesday, 1:30 pm – 4:00 pm.

Upper Beeding

- Location: Beeding and Bramber Village Hall, High Street, Upper Beeding, BN44 3WN
- Time: Monthly on the second Tuesday , 10.30 to 12

Chichester

- Location: Chichester Community Hall, Donegall Avenue, Roussillon Park, Chichester, PO19 6DF
- Time: Monthly on the second Thursday, 13:45 - 15:15

Horsham

- Location: St Andrews, Crawley Road, Crawley Road, Horsham, West Sussex, RH12 4DX
- Time: Monthly on the fourth Tuesday, 11:30 - 13:30

Commitment: 2.5/ 3 hours per month, minimum 6-month commitment

Other Information:

- Reimbursement for out-of-pocket expenses (travel and parking).
- Open to anyone aged 18 or over.
- Access to our Employee Assistance Programme.
- Requires two references and a basic DBS check.

To apply, please visit <https://www.carerssupport.org.uk/volunteer-with-us/> or contact the team by email: volunteering@carerssupport.org.uk