



## **Adult Carer Outings Volunteer Role Details**

### **Background:**

Kingston Carers' Network is a charity that supports carers in the Royal Borough of Kingston upon Thames. A carer is someone who is providing support, unpaid, to a friend or family member who has a physical illness, disability, mental health or substance misuse issue. An adult carer is a carer over the age of 18.

It is important for carers to take care of their own health and wellbeing and to find ways of coping with their role. Finding time to have a break from caring can be difficult for many carers, which is why Kingston Carers' Network provides a range of social and wellbeing activities.

### **How you can help:**

We are looking for reliable and enthusiastic volunteers to lend a hand at our outings for adult carers. Typical outings include: day trips (i.e. Kew Gardens, The Poppy Factory, Denbies Vineyard), lunches and evening activities (i.e. theatre trips, cookery classes, meals out).

This opportunity is flexible – we will send you a list of upcoming activities and you simply choose which you would like to do.

### **Tasks may include:**

- Taking the register
- Taking part in activities and encouraging carers to take part
- Chatting with carers
- Collecting payment for activities
- Assisting with set-up/pack-down

### **Time commitment:**

- This role is flexible. We will send you a list of upcoming outings and you can choose which you would like to do
- We ask that you would volunteer for at least one outing every six months

## Benefits:

- The opportunity to help carers have a break from their caring role
- Give something back to people in your local community
- Gain experience
- Meet new people
- Experience fun activities and outings free of charge

## Expenditure:

- Your travel expenses will be reimbursed
- We will cover the cost of the trips (entry ticket, meals etc.)

## The qualities and attributes we are looking for:

No formal qualifications are needed, but we will look for some key skills and personal qualities.

## A great Adult Carer Outings Volunteer will be:

- Reliable
- Committed
- Patient
- Non-discriminatory
- A good communicator/listener

## What happens next?

- **If you are interested in applying for the role, or would like to find out more, contact Lyndsey at [volunteering@kingstoncarers.org.uk](mailto:volunteering@kingstoncarers.org.uk) or 07458 305 350**
- Lyndsey will then send you an application form to complete
- Once this is returned, Lyndsey will invite you to have an informal chat, either over Zoom or in person
- If you decide to go ahead, Lyndsey will send off for your references and DBS (criminal records) check
- We will then invite you along for a trial outing

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