

## **Dementia Carers Lunch Club Helper - Role Details**

**We are looking for a friendly, reliable volunteer to lend a hand at our monthly lunch club for people who care for a loved one with dementia.**

### **Background:**

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

Our monthly lunch clubs offer carers a chance to support each other by sharing their experiences, challenges, and successes in a non-judgemental and supportive environment.

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

We are looking for a volunteer to lend a hand at our monthly lunch club for carers of people with dementia. The lunch club takes place on the first Wednesday of each month, 12:00pm-2:00pm at a restaurant or café in the borough of Kingston Upon Thames.

The group size is usually up to 15 people. All attendees care for someone who has dementia.

### **Key tasks:**

- Meet and greet carers
- Socialise and chat with carers
- Encourage conversation between carers
- Assist the event organiser with ad hoc tasks on the day

### **Time commitment:**

- First Wednesday of every month
- 10:00am – 12:00pm
- From 2022, we will also be trialling a new 'cuppa and cake' social on the 4<sup>th</sup> Saturday of each month, 10:00am – 11:00am, also in Kingston

### **Location**

- Various restaurants/cafes in the borough of Kingston Upon Thames

**Benefits:**

- Help our carers have a break and know they are not alone
- Give something back to people in your local community
- Gain experience
- Meet new people

**Expenditure:**

- Your travel expenses will be reimbursed
- Lunch will be provided

**The qualities and attributes we are looking for:**

No formal qualifications are needed, but we will look for some key skills and personal qualities. Experience with dementia would be beneficial, but not essential. First Aid and dementia awareness training can be provided, if needed.

**A great Lunch Club Helper will be:**

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

**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
- You will then be invited to attend a trial group where you will shadow our Support Worker, Lou, who currently leads the lunch club

At Kingston Carers' Network we are committed to safeguarding and promoting the welfare of vulnerable adults. We expect all volunteers to share this commitment. Safer recruitment practice and background checks will be undertaken before any role is offered.