



KINGSTON CARERS' NETWORK

Improving the lives of carers in Kingston



Wellbeing Support 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:

As a wellbeing support volunteer you will provide support at our wellbeing activities for adult carers. Typical activities include day trips (i.e. Kew Gardens, The Poppy Factory, Denbies Vineyard), evening activities (i.e. theatre trips, cookery classes, meals out) and fitness classes (i.e. Zumba, meditation).

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

Your role:

- To assist the wellbeing coordinator on wellbeing activities/outings

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

We ask that you would:

- Volunteer at least once every 6 months

Benefits:

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

Expenditure:

- Your travel expenses will be reimbursed

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 Wellbeing Support 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 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
- Then you are ready to get started!

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