

Volunteer Counsellor - Role Details

Background:

Kingston Carers' Network (KCN) 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.

Our volunteer counselling service offers adult carers twelve, 50-minute counselling sessions, free of charge.

How you can help:

We are looking for volunteers to provide one-to-one counselling sessions to adult carers, at our office: 418 Ewell Road, Tolworth, KT6 7HF

To be considered you must have a British Association of Counselling and Psychotherapy accredited qualification. **We are open to placements for individuals who are in their second year of degree-level study (or above). We are able to provide an initial client assessment with a qualified counsellor.**

Your role:

- To provide weekly counselling for adult carers
- To pass on information to a KCN member of staff at the end of the session if you have any concerns about the person you are counselling
- To refer a carer to the appropriate member of KCN staff if you feel they need additional support or could benefit from our activities or therapies
- To keep accurate records of client attendance using KCN's scheduling software

We ask that you would:

- Make a regular commitment for a minimum of 6 months
- Communicate any training needs to the volunteer manager
- Undergo a DBS (criminal records) check
- Provide your own external supervision
- Although Kingston Carers' Network has insurance cover, we recommend you arrange your own professional indemnity insurance

Skills needed:

- Ability to communicate well with carers, professionals and other volunteers
- Listening skills
- Empathy with client group
- Patience and tact
- Reliability and punctuality
- An understanding of confidentiality and boundary issues
- An understanding of carers issues

Time commitment

To be agreed with Kingston Carers' Network. Usually starting with one client per week, with the potential to go up to as many as four.

Benefits:

- The opportunity to support the work of the charity
- Gain experience whilst giving something back

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
- You will then be handed over to our counselling coordinator who will schedule your first client

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.

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