

Virtual Support Group Facilitator -Dementia Carers Role Details

We are looking for a friendly, reliable volunteer to facilitate our monthly virtual support group for carers of people 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 support group offers 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 facilitate our monthly support group for carers of people with dementia. The group takes place on Zoom on the second Wednesday of each month, 3:00pm – 4:00pm.

The group size is usually up to 10 people. All attendees care for someone who has dementia.

Key tasks:

- Send an email to the attendee list ahead of the group meeting
- Welcome the carers
- Host the group, ensuring everyone has a chance to chat
- Lead the conversation, when needed
- Provide emotional support and a listening ear

Time commitment:

- Second Wednesday of every month
- 3:00pm – 4:00pm

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:

- Out of pocket 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. Experience with dementia would be beneficial, but not essential.

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 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 a member of staff

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.