

Volunteer Support Group Facilitator - 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.

Our monthly groups offer adult 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 volunteers to facilitate, or co-facilitate, one or more of our monthly support groups for carers.

Your role:

- To facilitate or co-facilitate carers' support groups
- To create a warm and welcoming environment where carers feel comfortable to talk
- Promoting and raising the awareness of the services provided by KCN
- Taking referrals from carers when needed
- Providing regular feedback to KCN support workers

Tasks may include:

- Setting up the room and clearing up at the end
- Making drinks for visitors and providing biscuits/cakes (paid for by KCN)
- Talking to the carers and facilitating discussion
- Taking referrals, where needed

Time commitment:

- 2 hours, once a month. We have a number of support groups available, please contact Lyndsey for more information

Location

- 418 Ewell Road, Tolworth, KT6 7HF

Benefits:

- The opportunity to help our carers have a break and know they are not alone
- To give something back to people in your local community
- Gain experience working with people

Expenditure:

- Your travel expenses will be reimbursed as well as any reasonable out-of-pocket expenses

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 Volunteer Support Group Facilitator 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
- You will then be invited to attend a trial group to see how you get on

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.