



## 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 provides unpaid support to a friend or family member who has a physical illness, disability, mental health problem, 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 BA Hons degree-level study (or above); however, we are not able to fund or provide placement hours supervision for diploma students.

**You must be able to provide your own supervision.**

### Your role:

- To provide weekly counselling for adult carers
- To keep accurate records of client attendance using our scheduling software
- To pass on information to a 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 staff if you feel they need additional support or could benefit from our activities or therapies

### 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.

### We ask that you would:

- Make a regular commitment for a minimum of 6 months
- Undergo an Enhanced DBS (criminal records) check (funded by us)
- Provide your own external supervision
- Although Kingston Carers' Network has insurance cover, we recommend you arrange your own professional indemnity insurance



# KINGSTON CARERS' NETWORK

*Improving the lives of carers in Kingston*



## **Skills needed:**

- A BACP accredited counselling qualification or in second year (or above) of BA Hons degree-level study of a BACP accredited course
- Listening skills
- Empathy with client group
- Patience and tact
- Reliability and punctuality
- Good communicator
- An understanding of confidentiality and boundary issues
- An understanding of carers issues

## **Benefits:**

- Gain experience
- Give back to your local community

## **What happens next?**

- [Click here to complete our application form online](#)
- If you have any questions, or would prefer to receive an application form in the post, contact Lyndsey (Volunteer Manager) at [volunteering@kingstoncarers.org.uk](mailto:volunteering@kingstoncarers.org.uk) or 07458 305 350
- Once we have received your application, Lyndsey will invite you for informal interview, either online 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!