Carers Support Services Volunteer

**About Carers Lewisham**

Carers Lewisham supports unpaid carers who are caring for a family member, friend or neighbour who could not manage without their support. Being a carer can be rewarding but it’s also demanding and can have a huge impact on a carer’s own physical health and emotional wellbeing. We look after the carers, providing practical information and emotional support, as well as an opportunity for them to meet other carers and share experiences.

**About the Carers Support role**

As an outreach volunteer, you will promote and advance the aims and objectives of Lewisham carers information & advice service to help organise and run coffee mornings, information sessions, activities, and workshops for unpaid carers. The Carers Support Services volunteers will work with the Carers Information and Advice Officers and be line managed by the Operations Manager.

**Key Tasks**

* To help organise information stalls to identify carers in community venues
* To help run coffee mornings and health and social activities at our Carers Centre and in the community
* To assist with organising activities, workshops and events for carers
* To provide leaflets and contact information for local sources of help and support
* To develop supportive relationships with carers and be a listening ear

**Is this the right role for me? Are you:**

* Approachable and able to build rapport with people
* Able to maintain confidentiality
* Excellent listening skills
* Be non-judgemental, open minded and able to separate your own experiences from those of other people and practice impartiality.
* Able to commit a few hours each month on a regular basis?
* Are you over 18 years of age?

**Benefits of volunteering**

* Meeting new people and be part of a friendly and supportive team.
* Learning new skills and boosting your confidence
* Increased your sense of wellbeing from supporting others
* Attending training courses to boost your skills
* Regular supervision with your line manager to discuss progress and areas of development.
* Can help you progress to paid employment as you gain experience that may prepare you for work and we will provide references.
* Travel and expenses will be reimbursed in accordance with our Volunteer Policy.

**To apply please follow the** [**link**](http://bttr.im/2sjnr) **to register on the Volunteer Hub. You will be able to view all our volunteer opportunities and apply online. Or email the Hub on** **vip@yvhsc.org.uk** **or phone 07944 391223.**