

# Carer Support Carlisle & Eden Carers Hub Support Volunteer



## Description:

Carer Support Carlisle & Eden is a local charitable organisation that provides information, support and social opportunities for Carers throughout Carlisle and Eden. A Carer can be of any age and provides unpaid support to family members or friends who could not manage without this help. This could be looking after a relative, partner or friend who is ill, frail, disabled, or has mental health or substance misuse problems. Caring tasks can include practical and emotional support and can range from general household chores to full personal care. Carers can feel stressed, isolated, have no time for themselves, or find that their physical or emotional wellbeing is deteriorating. We need volunteers to help us to enhance the support we can offer to Carers to make a difference to their quality of life.

## Role Description:

We need Volunteers to help us support local Hubs to provide an opportunity for carers to take a break from their caring role. The Hubs consist of Carers in a local area who meet once a month for coffee or lunch. Volunteers receive support from the organisation's Volunteer Coordinator.

Key tasks will include:

1. Supporting a group of Carers through a Hub
2. Encouraging and assisting Carers to provide mutual support for each other
3. Encouraging and supporting Carers to engage in activities in the community

## When Required:

2 hours once a month

## Areas of Interest:

Families, Support Work, Art, Crafts and Culture

## Types of Activity:

Advice, Information and Support, Caring, Community Work



HR556 (V5)

Registered Charity Number: 1101719 / Company Number: 4929903



## Suitability:

We are looking for Volunteers with a positive attitude, who want to make a difference to their local community, have skills they wish to share to support Carers and enjoy working as part of a team.

## Skills and Qualifications:

Experience is useful but not essential as support and training will be provided. All we ask is that you have:

- good communication skills
- a positive, creative, flexible and considered approach
- empathy with Carers
- an understanding of confidentiality
- the ability to organise your own time and are self-motivated.

## Additional Information:

|                             |     |
|-----------------------------|-----|
| Equal Opportunities Policy: | yes |
| Expenses:                   | yes |
| Induction:                  | yes |
| Insurance Cover:            | yes |
| Support on offer:           | yes |
| Training:                   | yes |

## Recruitment Method:

Application Form, DBS Check, Informal Discussion, References, Trial Period

## Contact Information:

If you would like more information on becoming a Carers Hub Volunteer please contact:

[enquiries@carlisle-eden-carers.org.uk](mailto:enquiries@carlisle-eden-carers.org.uk)

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