

Carer Support Carlisle & Eden Sitting Service Volunteer



Description:

Carer Support Carlisle & Eden is a local charitable organisation that provides information, support and social opportunities for unpaid 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 as provide a respite Sitting Service to enable a Carer to have a break from their caring role, with peace of mind from knowing the person they care for will have the company of a trained Volunteer. Volunteers receive support from the organisation's Volunteer Coordinator.

Key tasks will include:

1. Providing a Sitting Service to enable the Carer to take time out from caring so they can have a break, or attend appointments.
2. To provide the Cared for with companionship.
3. The Volunteer will **not** undertake any personal care or practical duties.

When Required:

2 hours per sit on a regular basis, normally once or twice a month or to provide 'one-off' break sits as required.

Areas of Interest:

Families, Support Work

Types of Activity:

Support, Caring, Community Work



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Suitability:

We are looking for Volunteers with a positive attitude, who want to make a difference to their local community.

Skills and Qualifications:

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

- Able to form positive, supportive relationships with others.
- An empathetic listening and have good communication skills.
- Reliable and a good timekeeper.
- Sensitive and caring about others.
- Respectful of confidentiality issues and able to maintain boundaries.
- Able to put own needs and views to one side allowing you to focus on the needs of the service user.

Additional Information:

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

Recruitment Method:

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

Contact Information:

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

enquiries@carlisle-eden-carers.org.uk

Penrith Office - 01768 890280

The Office
Mardale Road
Penrith
CA11 9EH

Carlisle Office - 01228 580214

Unit C
Moorhouse Courtyard
Warwick on Eden
Carlisle
CA4 8PA



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