



**KINGSTON CARERS'
NETWORK**
Improving the lives of carers in Kingston



**Young
Carers'
Project**

Activity Enabler (Evenings – Term Time) - 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, ill mental health or substance misuse issue. Our Young Carers' Project supports carers who are between the ages of 5 – 18.

How you can help:

You will support the Young Carer Support Workers at our 'drop-ins' for young carers. The drop-ins are an opportunity for young carers to meet together, take part in fun activities and seek advice from our Support Workers.

Possible tasks include:

- Joining in activities
- Encouraging the young people to participate
- Food preparation
- Others – if you have a skill that you think would be beneficial (i.e. sports, craft etc.), let us know!

We ask that you would:

- Lend a hand at the Young Carers' Drop-In
- Carry out Level 1 Child Protection Training (online)
- Attend training events (about once every six months)
- Attend review meetings with a member of the Young Carers' Team
- Undergo an Enhanced DBS check

Time Commitment:

From September 2016, we will be providing three regular drop-ins for young carers. You can volunteer at one, two or all three!

- Under 12s drop-in – 2nd Monday of every month (term time) 3:30pm–5:45pm
- Over 12 -14s drop-in – 1st and 3rd Monday (term time) 4:30pm–6:30pm
- Over 14s drop-in – Every Wednesday (term time) 6:30pm – 8:30pm

Location:

- Under 12s and 12-14s - Kingsnympton Youth Centre, Kingston Hill, KT2 7RR
- Over 14s – various locations in Kingston (bowling, Costa etc.)

Benefits:

- The opportunity to help our young carers to build their confidence and achieve their goals
- Gain experience working with young people
- Free training on child protection
- DBS check
- Ongoing support from the YC team and Volunteer Coordinator

Expenditure:

- Your travel expenses will be reimbursed.

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 Activity Enabler will be:

- Reliable
- Committed
- Patient
- Non-discriminatory
- A good communicator/listener

If you would be willing to drive a group of young carers to and from the drop-in this would be extremely helpful, but is not necessary.

Training will be provided on:

- Child Protection
- Food hygiene (if required)

Due to the nature of the role, all volunteers must undergo an enhanced DBS check.

Feel inspired?

If you would like to become an Activity Enabler, or would like to find out more, contact **Lyndsey** at volunteering@kingstoncarers.org.uk or **0203 375 8226**.

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Kingston Carers' Network, 109a Blagdon Road, New Malden, KT3 4BD, 020 3031 2757 Reg. Charity No. 1151456 Company No. 8376060