



Kingston Carers'
Network



KINGSTON CARERS' NETWORK

Improving the lives of carers in Kingston

Volunteer Counsellor - 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, 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 provide one-to-one counselling sessions to carers

Your role:

- To provide support and counselling for carers identified by KCN
- To pass on information to a KCN 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 KCN staff if you feel they need additional support or could benefit from our activities or therapies

We ask that you would:

- Make a regular commitment for a minimum of 6 months
- Communicate any training needs to the Volunteering Coordinator
- Attend review meetings with the Volunteering Coordinator
- Undergo a DBS check

The qualities and attributes we are looking for:

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 study (or above).

Skills needed:

- Ability to communicate well with carers, professionals and other volunteers
- Listening skills
- Empathy with client group
- Patience and tact
- Reliability and punctuality
- An understanding of confidentiality and boundary issues
- An understanding of carers issues

Time commitment

To be agreed with Kingston Carers' Network

Benefits:

- The opportunity to support the work of the charity
- Gain experience whilst giving something back
- DBS check
- Travel expenses reimbursed (and lunch expenses for those volunteering for over 4 hours in one day)

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

Feel inspired?

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

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