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Kingston Carers' Network

carerstrust
a Network Partner

KINGSTON CARERS' NETWORK
Improving the lives of carers in Kingston

Hairdressing/Beauty Therapy Volunteer - 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 problem or substance misuse issue.

It is important for carers to take care of their own health and wellbeing and to find ways of coping with their role. Caring can be very stressful and finding time to have a break can be difficult for many carers. As a Hairdressing/Beauty Therapy Volunteer you will provide pampering for carers who are in need.

How you can help:

You will provide pampering treatments for carers that are in need of a break.

Treatments may include (according to your qualifications):

- Hairdressing
- Massage
- Manicures/pedicures
- Other beauty treatments

Your role:

- To provide pampering treatments for carers (according to your skills)
- To be compassionate
- To understand that carers' lives can be unpredictable and last-minute cancellations are a possibility

We ask that you would:

- Make a regular commitment of at least once a month
- Attend review meetings with the Volunteering Coordinator
- Undergo a DBS check

The qualities and attributes we are looking for:

- NVQ Level 2/3
- Patience and tact
- Reliability and punctuality
- An understanding of confidentiality and boundary issues

Time commitment

To be agreed with Kingston Carers' Network

Benefits:
- The opportunity to support the work of the charity and make a real difference to the wellbeing of the carers we support
- 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 Hairdressing/Beauty Therapy Volunteer, or would like to find out more, contact **Lyndsey** at **volunteering@kingstoncarers.org.uk** or **0203 375 8226**