



Kingston Carers'  
Network



# KINGSTON CARERS' NETWORK

*Improving the lives of carers in Kingston*

## Carer Wellbeing Assistant - 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. An adult carer is a carer over the age of 18.

It is important for carers to take care of their own health and wellbeing and to find ways of coping with their role. Finding time to have a break from caring can be difficult for many carers, which is why Kingston Carers' Network provides a range of social and wellbeing activities.

### How you can help:

As a 'Carer Wellbeing Assistant' you will provide support at our wellbeing activities for adult carers. Typical activities include day trips, evening activities and fitness classes.

### Your role:

- To assist the Wellbeing Coordinator (Vanessa) on wellbeing activities

### Tasks may include:

- Taking the register
- Collecting payment for activities
- Assisting with set-up/pack-down
- Taking part in activities and interacting with the carers

### We ask that you would:

- Attend review meetings with a the Volunteering or Wellbeing Coordinator
- Undergo an Enhanced DBS check

### Benefits:

- The opportunity to help our carers to build to have a break from their caring role
- Gain experience working with people
- DBS check
- Ongoing support from the 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 Carer Wellbeing Assistant will be:

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

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

## Feel inspired?

If you would like to become a Carer Wellbeing Assistant, or would like to find out more, contact **Lyndsey** at [volunteering@kingstoncarers.org.uk](mailto:volunteering@kingstoncarers.org.uk) or **0203 375 8226**.

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