



Young
Carers'
Project

Workshop Support Volunteer (Family Support Project) - 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 ill-health or substance misuse issue. Young carers are carers aged under 18 – the Young Carers' Project supports those aged from 5 to 18.

The Family Support Project supports a small number of young carers and their families, usually between 8-10 families at any one time. The project targets young carers who have, or are at risk of having, inappropriate and/or excessive caring responsibilities for a parent. The families are often experiencing multiple difficulties, headed by a lone parent, manage on a very low income and live in social housing. The Family Support Project takes a 'whole family' approach; ensuring support is in place for every member of the household where needed.

How you can help:

The Family Support Project runs Saturday workshops and day trips for targeted groups of 3-4 young carers. Previous workshops have covered topics such as 'Controlling Mr Angry' and 'VIP' workshops to boost confidence and self-esteem. Activities can include games and arts and crafts, trips to the local park and day trips to more exciting places such as Bocketts Farm, Legoland, Build a Bear (dependant on funding).

You will provide support to the Project Coordinator at these workshops/activities and will be a positive role model for the young people.

Possible tasks include:

- Supporting the Project Coordinator at workshops/activities (i.e. assisting with set-up)
- Interacting with the young people and encouraging them to participate
- Assisting with transport (if applicable)

We ask that you would:

- Lend a hand at activities/workshops
- Carry out Level 1 Child Protection Training (online)
- Attend training events (about once every six months)
- Attend review meetings with the Family Support Coordinator
- Undergo an Enhanced DBS check (a criminal record will not necessarily exclude you from volunteering)

Time Commitment:

- We ask that you would commit to a minimum of one Saturday every six weeks (to a maximum of every other Saturday)
- Activities/workshops usually last around 2-4hours

Location:

- Workshops will usually take place at The Noble Centre, 109a Blagdon Road, New Malden, KT3 4BD
- Activities and trips usually take place in Kingston and the surrounding areas, but there are occasionally day trips further afield (depending on the funding available)

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 YCP team and Volunteer Coordinator

Expenditure:

- Any out-of-pocket 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 Workshop Support Volunteer will:

- Have an understanding/empathy with the reasons behind challenging behaviour
- Model positive behaviour
- Be patient
- Be calm
- Be reliable
- Be assertive
- Have an empathy/understanding of the challenges faced by a young person growing up in a lone parent household/ on low income/living in social housing/caring for a parent

Training will be provided on:

- Child Protection

Feel inspired?

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

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