



Young  
Carers'  
Project

## Activity Enabler (One Evening per Month) - 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 monthly 'drop-in' for young carers. The drop-in is held at our office in New Malden, and is 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 once a month
- 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:

- The drop-in takes place on the second Thursday of every month, 3:00pm – 6:30pm

**Location:**

- The drop-in takes place at Barnfield Youth Centre, Parkfields Road, Kingston, KT2 5LL

**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](mailto: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