

## **Volunteer Support Group Facilitator - 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 provides support, unpaid, to a friend or family member who has a physical illness, disability, mental health or substance misuse issue.

Our monthly support groups offer carers a chance to support each other by sharing their experiences, challenges, and successes in a non-judgemental and supportive environment.

### **How you can help:**

We are looking for a volunteer to facilitate our monthly support group for carers of adults with Autism. The group takes place on the first Wednesday of every month, 10:00am to 12:00pm, at an external location in Surbiton.

The group size is usually up to 15 people. Most attendees are parents, but anyone registered with Kingston Carers Network who cares for a person with Autism/Asperger's is welcome.

### **Key tasks:**

- Send an email to the attendee list ahead of the group meeting
- Purchase cakes/biscuits ahead of the meeting (we will reimburse the cost)
- Set up the meeting room and refreshments
- Host the group, ensuring everyone has a chance to chat
- Lead the conversation, when needed

### **Time commitment:**

- First Wednesday of every month
- 10:00am – 12:00pm

### **Location**

- Location in Surbiton

### **Benefits:**

- The opportunity to help our carers have a break and know they are not alone
- To give something back to people in your local community
- Gain experience

**Expenditure:**

- Your travel expenses will be reimbursed as well as the cost of any refreshments purchased

**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 background in counselling is beneficial, but not essential.

**A great Support Group Facilitator will be:**

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

**What happens next?**

- **If you are interested in applying for the role, or would like to find out more, contact Lyndsey at [volunteering@kingstoncarers.org.uk](mailto:volunteering@kingstoncarers.org.uk) or 07458 305 350**
- Lyndsey will then send you an application form to complete
- Once this is returned, Lyndsey will invite you to have an informal chat, either over Zoom or in person
- If you decide to go ahead, Lyndsey will send off for your references and DBS (criminal records) check
- You will then be invited to attend a trial group where you will shadow our Support Worker/Facilitator.

At Kingston Carers' Network we are committed to safeguarding and promoting the welfare of vulnerable adults. We expect all volunteers to share this commitment. Safer recruitment practice and background checks will be undertaken before any role is offered.