



**KINGSTON CARERS'  
NETWORK**  
*Improving the lives of carers in Kingston*



**Young  
Carers'  
Project**



## **Activity Enabler (School Holidays) - 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:**

We are looking for volunteers to lend a hand at our activities and day trips for young carers. Previous trips/activities have included:

- Horse riding
- Ice skating
- Harry Potter studio tour
- Drama workshops
- Cookery workshops
- Football
- Art and crafts
- and many more!

### **Possible tasks include:**

- Joining in activities
- Encouraging the young people to participate
- Food preparation
- Being available to listen to the young carers
- 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 our activities and outings
- Carry out Level 1 Child Protection Training (online)
- Attend annual training events
- Undergo an Enhanced DBS check

**Time Commitment:**

Most activities and trips take place in the school holidays. You will be sent a list of upcoming activities and can simply choose which you would like to help out at.

**Location:**

Activities and trips take place in various locations. Usually they take place in Kingston and the surrounding areas, but occasionally there are day trips to other locations such as London or the seaside. Transport is provided for trips further afield.

**Benefits:**

- The opportunity to help our young carers to build their confidence and achieve their goals
- Gain experience working with young people
- Ongoing support from the Yong Carers' Team and volunteer coordinator

**Expenditure:**

- Your out-of-pocket travel expenses will be reimbursed.

**A great Activity Enabler will be:**

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

**Training will be provided on:**

- Child Protection
- Food hygiene (if required)

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

**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 **020 3375 8226**.

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