



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



**Young  
Carers'  
Project**



## **Activity Enabler (Wednesday Evenings – Term Time) - 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 'drop-ins' for young carers over the age of 12. The drop-ins are 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
- Carry out Level 1 Child Protection Training (online)
- Attend training events
- Undergo an Enhanced DBS check

### **Time Commitment:**

The drop-ins take place every Wednesday (term time), 6:00pm – 8:15pm. We would ask that you volunteer at least once a month.

**Location:**

- Searchlight Youth Centre, Kingston Rd, New Malden KT3 3RX

**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 Young Carers' Team and volunteer coordinator

**Expenditure:**

- Your out-of-pocket 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

**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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