



Kingston Carers'
Network



KINGSTON CARERS' NETWORK

Improving the lives of carers in Kingston

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 is providing support, unpaid, to a friend or family member who has a physical illness, disability, mental health or substance misuse issue. An adult carer is a carer over the age of 18.

Our monthly groups offer adult 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:

As a volunteer support group facilitator you will facilitate, or co-facilitate one or more of our monthly support groups for carers.

Your role:

- To facilitate or co-facilitate carers' support groups
- To create a warm and welcoming environment where carers feel comfortable to talk
- Promoting and raising the awareness of the services provided by KCN
- Taking referrals from carers when needed
- Providing regular feedback to KCN support workers

Tasks may include:

- Setting up the room and clearing up at the end
- Making drinks for visitors and providing biscuits/cakes (paid for by KCN)
- Talking to the carers and facilitating discussion
- Taking referrals, where needed

Time commitment:

- 2 hours, once a month. We have a number of support groups available, please contact Lyndsey for more information

Location

- 418 Ewell Road, Tolworth, KT6 7HF

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 working with people

Expenditure:

- Your travel expenses will be reimbursed as well as any reasonable out-of-pocket expenses

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 Volunteer Support Group Facilitator will be:

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

Feel inspired?

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

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