



Kingston Carers'  
Network



# KINGSTON CARERS' NETWORK

*Improving the lives of carers in Kingston*

## Wellbeing Support Volunteer - 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.

It is important for carers to take care of their own health and wellbeing and to find ways of coping with their role. Finding time to have a break from caring can be difficult for many carers, which is why Kingston Carers' Network provides a range of social and wellbeing activities.

### How you can help:

As a 'Wellbeing Support Volunteer' you will provide support at our wellbeing activities for adult carers. Typical activities include day trips (i.e. Kew Gardens, The Poppy Factory, Denbies Vineyard), evening activities (i.e. theatre trips) and fitness classes (i.e. Zumba, stretch, meditation).

This opportunity is 'ad hoc' – we will send you a list of upcoming activities and you simply choose which you would like to do.

### Your role:

- To assist the Wellbeing Coordinator on wellbeing activities

### Tasks may include:

- Taking the register
- Taking part in activities and interacting with the carers
- Collecting payment for activities
- Assisting with set-up/pack-down

### We ask that you would:

- Volunteer at least once every 6 months

## Benefits:

- The opportunity to help our carers to have a break from their caring role
- To give something back to people in your local community
- Gain experience working with people
- To meet new people

## 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 Wellbeing Support Volunteer will be:

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

## Feel inspired?

If you would like to become a Wellbeing Support Volunteer, 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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