

Community volunteer

Give a helping hand at our activities for carers in your area
Spread the word so more people know there *is* support for carers

What's a Community volunteer?

Community volunteers get hands-on in their area -

- Welcome and chat with carers at our regular groups and one-off events. Carers benefit from meeting others, feeling less isolated and getting support from others in the same boat as them and from our staff
- Spread the word in your area that there is support for carers, build awareness of Carers in Bedfordshire
- Join our volunteer rota of L&D hospital to promote our services there - carers often feel very confused and distressed when a loved one is in hospital



What will you get out of it?

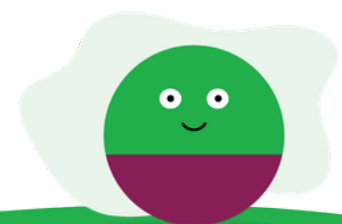
These are flexible and meaningful ways to contribute to your local community. You'll meet people and have positive, friendly interactions. All volunteers are part of a team and have a named staff link.

What's involved? Any or all of these -

- Activities - hospitality, stewarding, signposting carers to our services
- Promotion – drop off leaflets to surgeries and community venues, give talks, help at an info stall
- Tell carers visiting the L&D hospital about carer support and encourage them to register with us. This will be on Tuesdays

The skills you'll need

- Friendly, caring and empathetic
- Able to establish rapport and genuine interest
- Organised, flexible and reliable
- Resilient – at times you may hear distressing stories
- Able to learn about our services and to signpost carers to them



How we will support you?

- We will give you induction training and run through what you need to know for this role
- You will be supported in your role by a staff member
- We'll invite you to volunteer socials, forums, and team events
- We'll keep you updated with our charity news

How to apply

Please email or call us via the contact details below and we will take you through the simple application process

Did you know?

20% of adults are unpaid carers who save the UK Government £162 billion per annum

**Interested?**

Contact our Volunteer Coordinator
Carol Solaiman
0300 111 1919
volunteering@carersinbeds.org.uk

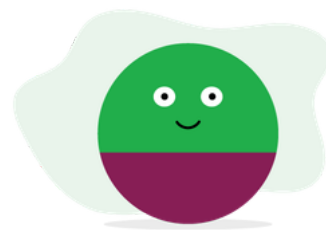
Follow us on social media**Your time**

- You will give a around 6 hours flexibly over each month
- You will keep and submit a record of your total monthly hours

Where you will be volunteering?

This role is for Luton.

You can choose how far you are willing to travel for regular or one-off volunteering tasks. We cover your travel expenses.

**How does this help carers?**

- Carers have opportunities for mutual and/or peer support with other carers
- Carers know what support services are available to them
- Carers are listened to
- Carers are supported to Live Well and care for their loved ones
- People can participate in their local community, they feel less socially isolated or lonely



0300 111 1919

volunteering@carersinbeds.org.uk

Contact us about signing up
as a volunteer