

The Role - Young Carers Support Volunteer

Supporting at our Young Carers Exploration programme sessions – this is a specialised programme designed to provide emotional support in exploring their caring role and enhance mental health and wellbeing. The programme is run by staff and supported by volunteers.

- Establish and develop relationships with young people. Support the staff in supervision of the young people.
- Support the young people to engage in a range of activities such as reading, writing craft and play.
- Communicate effectively with staff, feedback any issues, concerns, comments or ideas.
- Supporting at our respite activity days – these are a chance for Young Carers to have time out and experience new things. Join us for activities such as craft, sports, theme parks, theatre and more!



Person Specification

- Passionate about working with children and young people
- Able to listen and show empathy
- Able to communicate effectively with children, young people and adults
- Able to help on a regular basis
- Aged 18 or over

What volunteers can expect:

- A supportive team environment
- Full initial and on-going training
- Volunteer social events
- Out of pocket expenses paid
- On-going group and 1-1 support

All sessions are on a Wednesday.

Volunteers can commit to one or more group sessions, **the commitment must be regular** so that we can provide consistent support.

LOWER group ages 8-11 – weekly group 4.30-6.00pm

MIDDLE group ages 12-13 – fortnightly group 6.00-8.30pm

UPPER group ages 14-17 – fortnightly group 6.00-8.30pm

Respite activity days are run during school holidays and on some term-time evenings – volunteers can sign up to the ones they are available for.