



Carers Café Volunteer

Carers Trust Hillingdon - Wellbeing Team

Carers Trust Hillingdon have established Cafes for carers. Their purpose is for carers to have an opportunity to meet socially with carers in similar situations in a friendly and welcoming atmosphere.

We provide hot beverages and light snacks but the focus is on Carers meeting up and finding friendship, support and information from each another.

We want all carers to feel included and valued. A volunteer that could bring conversation and a listening ear would be most welcome to join our wellbeing team.

We are looking for volunteers who have excellent verbal communication skills. They should enjoy listening to people and joining in the conversation. They need to be empathetic with an understanding of the needs and motivations of carers and recognise the importance of confidentiality.

<u>Main purpose of the role:</u>	We are looking for an enthusiastic and dedicated Volunteer to assist with making and serving refreshments at a Carers café. This role requires the volunteer to also interact with carers and have a listening ear to help to create an enjoyable morning for Carers.
<u>Commitment required:</u>	1 st Monday of the month from 10.00 am to 12.00 noon at Fassnidge Community Centre, High Street Uxbridge
<u>Reporting to:</u>	Nadia Habibi Evans Wellbeing Support Officer Carers Trust Hillingdon
<u>Benefits for you:</u>	<ul style="list-style-type: none">• Being part of team• A sociable event• Enhance communication and empathy skills• Enhance your CV
<u>Role responsibilities:</u>	<ul style="list-style-type: none">• Making and serving beverages• Stock taking of refreshments• Managing the kitchen area• Washing up and clearing away• Providing a listening ear

<u>Skills and attributes required:</u>	<ul style="list-style-type: none"> • Excellent communication skills • Organised • Enjoys interacting with people • Making and serving refreshments
<u>Training and support given:</u>	<ul style="list-style-type: none"> • All volunteers are expected to undergo induction training at Carers Trust Hillingdon • You will receive regular supervision and support • Should you wish and if places permit, you will be invited to attend wellbeing activities that may be of interest to you
<u>To apply for this role:</u>	<p>If you are interested in volunteering, please contact us for a H4All volunteer application form at Volunteerhub@h4all.org.uk or call 07395 282 825</p>