

**Your Role:**

# **Activity group volunteer**



## **Volunteering at Carers Trust 4all**

Carers Trust 4all is a registered charity with a vision for every carer to be recognised, supported and offered services to help them maintain their own health and wellbeing. Volunteers form a key part of our team and thereby make a valuable contribution to the support we offer. We have a number of volunteering roles and we work hard to match key skills to the right role to ensure our volunteers feel fulfilled within their role.

## **What this role involves**

As a volunteer supporting our inclusive social activity groups you will have regular contact with carers and people with and without care needs. These groups are also vital in supporting people that may be lonely or isolated. The groups are run by a skilled activities co-ordinator and supported by a carer support worker. Your volunteering role may include:

- Welcoming people to the group, particularly new attendees
- Helping people introduce themselves to other people
- Making refreshments
- Supporting someone to take part in a social activity

This is a great opportunity to make a real difference to someone's life along with providing you with an opportunity to help someone whilst making new friends.

## **We will offer you**

- A first class induction, training and support along with reimbursement of local travel expenses
- A reference to future prospective employers on request
- An opportunity to make a real difference to an individual on a one to one basis
- A chance for you to meet some new people and make new friendships
- An opportunity to join a friendly volunteering team

## **Contact Us**

If you are interested in becoming a volunteer or simply want to find out more:

**Call 0333 323 1990, option 2 or email [volunteer@carerstrust4all.org.uk](mailto:volunteer@carerstrust4all.org.uk)**