

VOLUNTEER RESPITE ACTIVITY SUPPORT

Our Daybreak respite service offers a safe space for people with a range of care and support needs (including dementia) to socialise and access recreational and reablement activities run by highly skilled, qualified healthcare professionals in a friendly environment.

The weekly service offers respite to carers, enabling those they care for to enjoy 5 hours of activities and support tailored to their needs.

As a Respite Activity Support Volunteer, you will be responsible for supporting and facilitating activities for people with care and support needs. You will use your skills and interests in art, music, drama, or other areas to support activity sessions that are fun, engaging, and meaningful. You will also help to promote the benefits of volunteering and raise awareness of the organisation.

What you'll be doing:

- Liaising with staff and other volunteers to identify the needs and interests of the individuals we support
- Developing and delivering a variety of activities that suit different abilities and preferences
- Setting up and clearing away equipment and materials for each session
- Ensuring that health and safety guidelines are followed and that risk assessments are carried out
- Providing feedback and evaluation on the impact and outcomes of the activities
- Supporting the individuals we support to participate in the activities and to socialise with others.

The skills you have:

- A passion for supporting people
- A creative flair and a willingness to share your skills and talents with others
- Good communication and interpersonal skills
- A friendly, positive, and flexible attitude
- An ability to work independently and as part of a team
- A commitment to attend regular training and supervision sessions
- A respect and need for confidentiality and diversity

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Times and Commitment:

- We are flexible with how often you volunteer or how much on the day.
- The sessions take place on Tuesday and Wednesday, 10am - 3pm each week.

What you'll gain:

- Making a positive difference in the lives of carers and the people they care for
- Meet new people as part of a friendly team that makes a difference in the community
- Have a rewarding experience helping us to raise awareness and money which will help improve life for carers
- Receive an induction, relevant training, the support you need to carry out your role, and agreed out-of-pocket expenses (reimbursed within our guidelines)

Please note that the lower age limit for volunteering with Carers Trust Heart of England is 18, due to our safeguarding policy and insurance. This post is subject to a successful interview and a DBS check.

If you are interested in becoming a Respite Activity Support Volunteer, please email us at **volunteer@carerstrusthfe.org.uk** or call us on **024 7663 2972**.