

Carers in Hertfordshire
Bereavement Volunteer



When a loved one dies, it can be a challenging, emotional and lonely time for carers, particularly if they have been caring for the person for a while. Talking to and sharing feelings with someone who is experienced in listening, or with other bereaved people who have similar experiences can be helpful.

Carers in Hertfordshire offers bereavement support in group sessions as well as telephone support. In 2019-2020, the bereavement volunteers supported 248 bereaved carers. The need for support is growing due to the COVID-19 crisis and we want to expand our volunteer team to be able to respond to this increase in demand.

Carers in Hertfordshire is a charity that supports people providing unpaid care to someone who is elderly, ill, disabled, or who misuses drugs or alcohol. Carers often care for a relative, partner, child or friend.

<p>Where will you be carrying out this role?</p>	<ul style="list-style-type: none"> • Home based for telephone support. • If facilitating groups attendance at Bereavement Groups in Welwyn Garden City and/or Watford.
<p>How much time will I be expected to give?</p>	<ul style="list-style-type: none"> • Exact time and frequency to be determined in negotiation with volunteer team but anticipated to be a minimum of 4 hours per month. • Based from home which can be completed flexibly to match your availability. • Quarterly team meetings with other volunteers. • If facilitating groups, attendance at groups that take place in Welwyn Garden City (Tuesday afternoons) and Watford (once a month on Thursdays).
<p>What will I be doing?</p>	<p>You will carry out this role as part of our team of trained volunteers to support bereaved carers to help them find their own way forward after their loss and ensure they have the information and support available to do so. Support is provided over the phone and as part of a group. As a volunteer you may wish to get involved with both phone and group activities.</p> <p>Groups:</p> <ul style="list-style-type: none"> • Listening and supporting bereaved carers within a group and sometimes on an individual basis. • Assisting in planning and running bereavement group including administration duties. • Tea/coffee making. <p>Telephone support</p> <ul style="list-style-type: none"> • Calling bereaved carers to offer support on individual basis on the telephone.

<p>What skills, experience and attributes do I need?</p>	<p>Essential:</p> <ul style="list-style-type: none"> • The ability to actively listen and empathise. • Non-judgemental. • An awareness of own limitations and that of service and an ability to keep within those boundaries. • The ability to carry out the role as part of a team. • Awareness of importance of confidentiality. • Ability to maintain accurate records as required. <p>Desired:</p> <ul style="list-style-type: none"> • Experience in bereavement support or a similar field.
<p>Who will I be volunteering with?</p>	<ul style="list-style-type: none"> • A team of trained bereavement volunteers. Currently the team is made of 20 volunteers. • You will also be part of the wider volunteer team at Carers in Hertfordshire with over 200 volunteers (roles include ambassadors, mentors, hub leaders, trustees and Keep in Touch callers).
<p>What can I expect from the role and Carers in Hertfordshire?</p>	<ul style="list-style-type: none"> • The opportunity to help others and put your skills to good use. • Training to develop your skills on a continuous basis. • A chance to enhance current skills through gaining experience. • The chance to boost your CV and increase employability. • The opportunity to meet and be part of a team of dynamic and passionate people. • Out of pocket expenses will be covered.
<p>Things you need to know</p>	<p>Please note this opportunity is only available to those over 18 years of age. This role may require a Disclosure and Barring Service (DBS) check.</p>
<p>I'm interested, what's my next step?</p>	<p>If you'd like to find out more about becoming a Bereavement Volunteer, please get in touch: Phone: 01992 58 69 69 Email; volunteer@carersinherts.org.uk Website: www.carersinherts.org.uk and for more information about the Bereavement Service page visit Bereavement Service web page.</p>