

## CARERS IN HERTFORDSHIRE Volunteer Mentor



<p>Carers in Hertfordshire run a Volunteer Mentor scheme across the county. Volunteer Mentors support unpaid family and friend carers. We have been offering this service to carers since 2012 and have around 75 mentors in the scheme currently and are recruiting more. The aim of the scheme is to support carers by helping them feel less isolated, have more social contact, increase their confidence and knowledge about available support.</p>	
<p><b>Where will you be carrying out this role?</b></p>	<p>In your local area.</p>
<p><b>How much time will you be expected to give?</b></p>	<p>Up to 2 hours a week or fortnight for up to 6 months</p>
<p><b>What will I be doing?</b></p>	<ul style="list-style-type: none"> <li>• Mentors will be matched with mentees based on similar caring roles by Carers in Hertfordshire.</li> <li>• Mentors meet their mentees for 1 hour over a cup of coffee in a public place or speak to them on the phone.</li> <li>• Provide a listening ear and enable your mentee to discuss options and set themselves realistic goals.</li> </ul>
<p><b>What skills, experience and attributes do I need?</b></p>	<ul style="list-style-type: none"> <li>• 2 years caring experience or work in a related area.</li> <li>• An interest in meeting other carers and helping them.</li> <li>• Being able to listen without judging and offer emotional support.</li> <li>• Enable mentees to review their options and choices.</li> </ul>
<p><b>Who will I be volunteering with?</b></p>	<p>You will volunteer in your own local area but you will have the support from the office during opening hours.</p>
<p><b>What I can expect from Carers in Hertfordshire</b></p>	<ul style="list-style-type: none"> <li>• Rewarding experiences which will help you to benefit carers</li> <li>• Transferable skills that employers will like</li> <li>• An improved sense of wellbeing</li> <li>• A sense of achievement through the reduction of anxiety and stress of others.</li> <li>• Support from staff in Carers in Hertfordshire on a daily basis</li> <li>• Training will be provided to help you get to know the role</li> <li>• Training will be provided to develop your skills on a continuous basis</li> <li>• All out of pocket expenses can be paid</li> </ul>
<p><b>Things you need to know</b></p>	<p>Please note this opportunity is only available to those over 18 years of age. This role may require a DBS check (formerly CRB).</p>
<p><b>I'm interested, what's my next step?</b></p>	<p>If you'd like to find out more about becoming a Volunteer Mentor and help carers take better care of themselves contact us:  <b>Telephone:</b> 01992 58 69 69 <b>Email:</b> <a href="mailto:volunteer@carersinherts.org.uk">volunteer@carersinherts.org.uk</a>  <b>Website:</b> <a href="http://www.carersinherts.org.uk/help-us-help-carers/volunteer">www.carersinherts.org.uk/help-us-help-carers/volunteer</a></p>