

CARERS IN HERTFORDSHIRE

Volunteer Role Description



Carers in Hertfordshire is a charity that supports unpaid family carers of someone with an illness or disability.

NAME OF ROLE	Bereavement Volunteer
WHERE	Home based, but requiring attendance at Bereavement Group in WGC, at regular volunteer meetings in Hertford, at CinH meetings where appropriate, and training sessions.
PURPOSE	To work as part of our team of trained volunteers to support bereaved carers to help them to find their own way forward after their loss and ensure they have the information and support available to do so. Group work: 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 . Telephone support: Calling bereaved carers to offer support either via group or on individual basis on the telephone.
WHEN AND HOW OFTEN	Exact time and frequency to be determined in negotiation with volunteer team but anticipated to be a minimum of 4 hours per month. To include: Attendance at groups that take place in Welwyn Garden City on Tuesday afternoons, Meetings with other volunteers in Hertford Work from home which can be completed flexibly to match your availability.
WHAT WE ARE LOOKING FOR	Experience in bereavement support or a similar field The ability to actively listen and empathise Non judgemental An awareness of own limitations and that of service and an ability to work within those boundaries. The ability to work as part of a team Awareness of importance of confidentiality Ability to maintain accurate records as required
WHAT YOU CAN GAIN FROM THIS OPPORTUNITY	The opportunity to help others and put your skills to good use. A chance to enhance current skills through gaining experience and training. The chance to boost your CV and increase employability.
GENERAL INFORMATION	Ongoing training is provided – attendance is strongly encouraged
ADDITIONAL INFORMATION	All out of pocket expenses can be paid

Please note this opportunity is only available to those over 18 years of age
This role does not require a DBS check (formerly CRB)
This is part of our “Caring Communities” stream of volunteering

Contact us

Telephone: 01992 586969.

Email volunteer@carersinherts.org.uk.

Apply here: <http://www.carersinherts.org.uk/help-us-help-carers/volunteer/volunteer-application-form>