

CARERS IN HERTFORDSHIRE

Mentoring Volunteer Project

Carers in Hertfordshire run a Volunteer Carer Mentor scheme across the County. Volunteer Mentors support unpaid family and friend carers.	
WHERE	You will carry out this role in your local area.
WHEN	1 hour a week/fortnight for up to 6 months. The Mentor meets their Mentee over a cup of coffee in a public place or on the phone.
ROLE	A Mentor has previous or current experience of caring for someone for a minimum of 2 years or has worked in a related profession An interest in volunteering to help others who are new to this role An ability to offer emotional support and practical advice Mentors and Mentees are carefully matched to ensure they have similar experiences and interests.
WHAT WE ARE LOOKING FOR IN YOU	An interest in meeting other carers. Being able to listen without judging. To offer objective, practical advice to enable a mentee to take actions.
WHAT YOU CAN GAIN FROM THIS OPPORTUNITY	An opportunity to use your experience and expertise to help others. Social contact. Transferable skills that employers like. An improved sense of wellbeing and achievement through the reduction of anxiety and stress of others.
GENERAL INFORMATION	You will be supported by the Mentoring Coordinators Mentor reunions are held twice yearly Local coffee meet ups are held with other mentors We will provide training and support with the post All out of pocket expenses can be paid
DATES OF NEXT TRAINING COURSE	Tuesday, 15 th , 22 nd and 29 th November from 9-30am until 3pm at Crossroads South, Borehamwood.

Please note this opportunity is only available to those over 18 years of age.
This role will require a DBS check (formerly CRB).

Contact us: Telephone: Carers in Herts 01992 586969

Email: alex.daar@carersinherts.org.uk
julie.josephs@carersinherts.org

Website <http://www.carersinherts.org.uk/how-we-can-help/carers-services/carers-support-hubs>