

# Volunteer News

The newsletter for our volunteers who support unpaid family and friend carers



17<sup>th</sup> August 2020

We would be pleased to receive contributions, photos, stories or updates for the Newsletter. To contact us:

Call: 01992 58 69 69

Email: [volunteer@carersinherts.org.uk](mailto:volunteer@carersinherts.org.uk)

Visit: [www.carersinherts.org.uk](http://www.carersinherts.org.uk)

Carers in Hertfordshire, The Red House, 119 Fore Street, Hertford, Hertfordshire, SG14 1AX.

**Your Volunteer Team:** Alex Daar, Nicki Bird, Amanda Feron, Jules Josephs, and Julie Hayes.

*Making carers count*

## Feedback

We are very grateful to the many volunteers who have been in touch to pass on feedback from carers who have been appreciative of the support and help our volunteers have been giving during this difficult time. It's great to know that we are making an impact.

We would welcome more feedback. If you have any, please send it to [volunteer@carersinherts.org.uk](mailto:volunteer@carersinherts.org.uk) or phone 01992 58 69 69 and ask to speak to a member of the Volunteer Team.

For the latest advice to carers, please see our website:

[www.carersinherts.org.uk/taking-care-of-you/coronavirus-guidance](http://www.carersinherts.org.uk/taking-care-of-you/coronavirus-guidance)



welcome

Thank  
you!

A very big thank you to all our volunteers who have carried on during lockdown to help and support carers.

Over the last few months:

The Keep In Touch (KIT) Service continues with **2,366** completed conversations with carers made by **52** volunteers on the phone and **598** handwritten cards sent by **8** volunteers.

**Mentors: 51** Mentors have been active. Between them they have supported **85** Mentees. **2** mentors have also supported collecting questionnaires.

**Bereavement:** The Bereavement volunteers have supported **90** bereaved carers.

**Carer Information and Planning:** Volunteers have contacted and registered **153** new carers.

**Hubs: 10** Hub volunteers have been active, with some making monthly phone calls to Hub members. Others have supported carers at some of the **28** Zoom Hub meetings.

We are hoping to recruit more volunteers to make KIT calls and to join our Bereavement Team. If you are interested please call the office and ask to speak to one of the Volunteer Team.

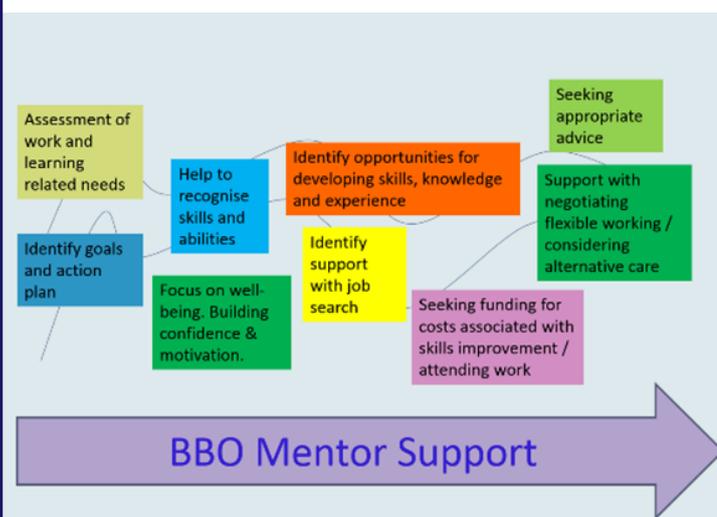
Alex Daar, Volunteer manager



## Building Better Opportunities

Maxine Dillaway, from the Building Better Opportunities (BBO) Strive Project, gave an interesting and informative presentation at the recent Mentor Support Training. The information shared may be of interest to all our volunteers.

The project, which is funded by The Community Fund and The European Social Fund, focuses on people who are out of work or at risk of social exclusion, including carers and former carers. They aim to provide tailored support to help people progress into paid work or to access learning and volunteering opportunities that act as a stepping stone to future employment.



Maxine says, *“Whilst we can support anyone facing a barrier, we would particularly welcome referrals from people in a caring role wishing to move into work or education.”*

If you would like a copy of the presentation, please email [julie.josephs@carersinherts.org.uk](mailto:julie.josephs@carersinherts.org.uk).

To contact the BBO project directly:

Email: [BBO@hertfordshire.gov.uk](mailto:BBO@hertfordshire.gov.uk)

Phone: 01992 556183

*Jules Josephs,  
Mentor Co-ordinator*

## Keeping Well Ideas

The National Garden Scheme (NGS) is open for garden visits. All visitors must pre-purchase tickets for a timed slot at their garden of choice from the NGS website at: <https://ngs.org.uk/product-category/garden-tickets/>

There are also ‘Virtual Gardens’ to visit through online videos, including the gardens of Chelsea Flower Show winners Tom Stuart-Smith and Julie Toll. Tom’s garden in Bedmond and Julie’s garden in Ayot St Lawrence are available respectively at these links:

<https://ngs.org.uk/tom-stuart-smith-the-barn/>

<https://ngs.org.uk/julie-toll-the-manor-house-ayot-st-lawrence/>

## Courses

### Safeguarding Children and Adults:

There will be a refresher for those who have done Safeguarding Training previously on Tuesday 25th August from 2pm - 3.30pm.

### Mindfulness for Volunteers with Clare Teale:

*“Enjoy a Mindfulness Moment on Zoom to bring balance and calm to your mind and to focus on you.”*



Join Clare (Carer Support Advisor) on Thursday 27th August from 7pm - 8pm. After a short break, the session continues with a chance to chat and catch up from 8pm to 9pm.

Please call 01992 58 69 69 to book a place or email [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk).