

# Volunteer News

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



*22<sup>nd</sup> September 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*

## *Bereavement Training*

We are running a course to train volunteers to join our team who support bereaved carers. The training starts on Thursday 1st October at 11am - 12.30pm on Zoom. You can read the role description here: <https://www.carersinherts.org.uk/downloads/help-us-help-carers/volunteer-roles/1166-bereavement-volunteer-role-description-covid-19/file>. For further discussion about your interest, call 01992 58 69 69 or email [volunteer@carersinherts.org.uk](mailto:volunteer@carersinherts.org.uk).

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*

Welcome to our September Newsletter; there is lots of Hub news this month!

We are now running 11 monthly Hub meetings via Zoom, having recently started a Dacorum Hub Zoom meeting, which covers the Hemel Hempstead and Berkhamsted area. The St Albans Hub Group has had two successful outdoor meetings, which you can read about on the next page.

Many carers have said at Zoom Hubs that joining has been a lifeline and the support from other carers has been really important. Other carers have told us that Zoom is not for them and they prefer face to face meetings. Nicki and Amanda will be undertaking a snapshot questionnaire so that we can find out how best to support carers while we are still in this uncertain time.

Some of our venues are re-opening and we are looking at re-starting some Hub group meetings in October. As you know, government guidance is changing almost daily and we are bearing this in mind as we make our plans and discuss re-opening with our hub leaders, volunteers, and venues. As always, we want to be sure that our carers feel confident about returning to meetings held by Carers in Hertfordshire.

We are also re-starting our Men's Carers Group on Tuesday 29<sup>th</sup> September via Zoom. This will be a chance for male carers to get together and support each other. Graham Lawrence from our Make a Difference Project will be attending to talk to the group. As you may know, the Men's Carers Group Leader was Rod Cottrell, who very sadly passed away in April. We are looking for a new leader to take over the great work he had done starting the group before lockdown. Please get in touch if you would like to discuss the role.

*Alex Daar, Volunteer Manager*

## Mentor News

Congratulations to the nine new mentors who have completed their New Mentor Training! We are very pleased to welcome you to the Mentoring Volunteer Team.

This is the first group of mentors that have been trained online, with Alex and Jules hosting six sessions over July and August via Zoom.

Five of the mentors have been matched with mentees already and we hope to match the other four as soon as possible.

One of the new mentors, Nana, said *"Trainees and trainers got on very well - even in a virtual world"*.



*The new mentors with their certificates.*

At the moment, most mentoring support remains over the phone but some mentors and mentees are choosing to meet outside following social distancing guidance.

The next training will take place in January and we are particularly keen to recruit more parent carers to train as mentors. The course will run during term time.

Please contact me or Alex if you are interested in training to become a Mentor.

*Jules Josephs,  
Mentor Co-ordinator*

## St Albans Outdoor Meetings

Jo and Vicky held the first St Albans outdoor Hub meeting on Tuesday 25th August.

Despite the rain and wind that day, our intrepid co-leaders decided that it would be worthwhile to have another go.

They met seven carers for a walk and talk in the lovely September weather on Tuesday 15th September in Clarence Park.

Following government guidelines, they split into two groups and the hub leaders ensured that social distancing was maintained and guidelines were followed at all times.

The meeting went really well as it was a chance to catch up face to face and talk about how things have been. Jo and Vicky were very happy with how the meeting worked out and one of the carers who came along said *"I had a lovely time chatting to the group and to Jo and Vicky, the time flew by. It was a lovely park and the atmosphere was good too."*



*The Hub Co-leaders and a carer smiling despite the rain at the first meet up.*

Jo and Vicky will continue with the outdoor meetings but hope to re-start the indoor hub when their venue re-opens. Contact us for the latest hub re-opening details.

*Amanda Feron, Hub Co-ordinator*