

Volunteer News

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



17th November 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

Visit: 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

Mentor Training

We are running our next Mentor Training course in the New Year from 10.30am - 12.45 pm on:

Thursday 21st January

Thursday 28th January

Thursday 4th February

Thursday 11th February

(Half Term Break)

Thursday 25th February

Thursday 4th March

Please click on this [link](#) to read the Mentor job description or contact Alex for further details.

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

www.carersinherts.org.uk/taking-care-of-you/coronavirus-guidance



Welcome



I'm sure you've all noticed the change of season and the nights drawing in. I hope you have been able to see some of the lovely autumnal foliage while out and about. Here is my acer which is always beautiful at this time of year.

Jules and Alex have been busy matching new mentors, having matched 8 mentoring pairs so far. There has been a great increase in demand from carers for support by volunteer mentors over the past few months and the next the Mentor Training course will be run in the New Year. Please see the dates in the left hand column.

Nicki and I have been re-opening face to face hub meetings at some of our venues. Potters Bar, Chorleywood, Hemel Hempstead, St Albans and Hoddesdon have had face to face hub meetings. Following the latest government guidance and the second lockdown, we will be holding face to face hub meetings where venues will allow. As the rule of six means that the groups are limited in size, we are asking everyone who would like to attend to contact us to book a place.

At the St Albans and Hoddesdon groups, two meetings each with six carers and volunteers were held one after another and we will be trying this in other hubs.

The carers who came along were very pleased to meet up and see each other again. Thank you to the Hub Leaders and volunteers: Wendy, Joyce, Maggie, Ann, Margaret, Vicky, Jo, Julia, Dianne and the venue staff for enabling the groups to go ahead safely.



Chorleywood Hub Group

Amanda Feron, Hub Co-Ordinator

Keep in Touch calls

We are very grateful to our volunteers who continue to make Keep in Touch calls to carers. We also want to thank those who have made calls and are now having a well deserved break. For those of you continuing, please make sure you take regular breaks from your role for your own wellbeing.

Thanks to new Lottery Funding to continue this work we are looking for 40 more volunteers to make Keep in Touch calls to family and friend carers. You would work from home and be given a list of five to 10 carers to ring each week to make sure that they are coping, to see if they need support and just to say hello.

Training and support will be given on a regular basis. We will also be developing an out of hours service based in Hertford office.

Telling people you know about this opportunity is a really powerful recommendation. Please help us spread the word about by sharing our Facebook posts and telling anyone you think might be interested to look at the role description on our website [here](#).



Maggie is enjoying her role as a Keep in Touch Volunteer. She says: "I enjoy making a difference, even if it is a small one, and am grateful for this opportunity. Just the recognition that a carer's wellbeing matters and it is acknowledged that they don't have to do this alone makes all the difference."

You can read more about why and how you can join her in helping us to reach out to carers by clicking this [link](#)

For further details please contact me by email: volunteer@carersinherts.org.uk or by calling the office on 01992 58 69 69.

Julie Hayes Volunteer Co-ordinator

Hemel Hempstead Hub Group and Leader

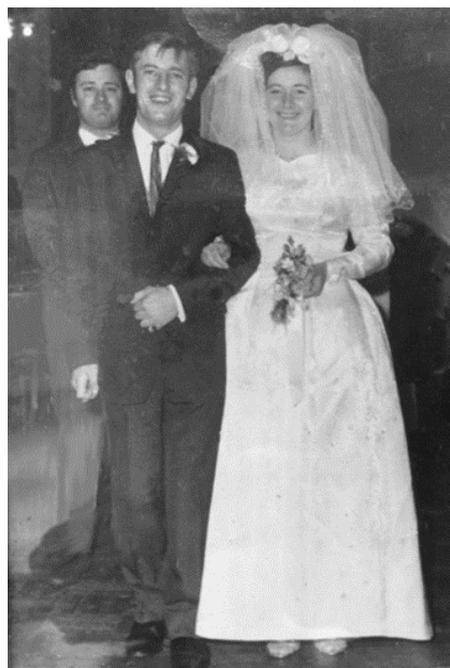
Margaret held the first face to face meeting for Hemel Hempstead carers since March on Wednesday 7th October. The meeting was very successful and all the carers were really happy to be back together and are looking forward to meeting and supporting each other regularly.

October was a month of celebrations for Margaret. Firstly, she is celebrating 20 years of involvement with Carers in Hertfordshire. She told me that she remembers as though it was yesterday: that one day when she was at a low ebb and reading a poster about carers in a shop window in the Old Town in Hemel Hempstead. Sarah Williams, Carer Involvement and Development Worker, popped her head out and asked Margaret if she was ok, at which point she burst into tears and Sarah took her in and made her a cup of tea.

Since then she has been a board member, attends forums and is on a co-production group. She runs the Hemel Hempstead Hub and is an Ambassador and an all round force of nature for carers rights.

She also celebrated her birthday and her 50th wedding anniversary in October.

I hope you will all join me in congratulating Margaret and sending her all our best wishes.



Margaret and her husband on their wedding day.

Amanda Feron, Hub Co-ordinator

Christmas Cards

Carers in Hertfordshire now have Christmas cards for sale! Each of the five designs were created by unpaid carers themselves:



'Winter Robin'
By Sandy Robertson



'Snow Berries'
By Barbara Searle



'Christmas Tree'
By Hazel Hudson



'Pointsettia'
By Amanda Roberts



'Hanging Snowman'
By Sue Haynes

To pay by card, BACs or cheque you can call 01992 58 69 69 or email contact@carersinherts.org.uk. Please be aware that if paying by card, the system we are using does not allow payments directly over the phone. Instead, we take your order and then send you a unique link that allows you to pay over the internet.

You can also download the order form from the website (www.carersinherts.org.uk/christmascards) and post with a cheque.

All packs of 10 are £4.00. The cards will be sent by 2nd class post after payment is received. There may be a couple of days delay between receipt of payment and postage.

Training Events

Carers in Hertfordshire have a couple of our Safeguarding refresher sessions coming up:

Thursday 26th November, 2pm - 3.30pm

Tuesday 22nd December, 10.30am - 12pm noon

Please contact the office on 01992 58 69 69 or email contact@carersinherts.org.uk for further details and to book a place.

Hertfordshire County Council are running suicide intervention training which is suitable for any of our volunteers who have attended the Spot the Signs Course. There are several dates available:

Thursday 19th November, 1pm - 4.30pm

Monday 23rd November, 1pm - 4.30pm

Tuesday 8th December, 9am - 12.30pm

Thursday 10th December, 1pm - 4.30pm

Wednesday 16th December, 9am - 12.30pm

To book a place, phone 0115 880 0281 or click on this [link](#).

Bereavement Group News

The training for new bereavement volunteers is well underway with 4 of the 6 sessions delivered so far. Thank you to our volunteers who, in October 2020, provided support to 59 bereaved carers. The demand for their support has really increased over the COVID-19 period and we will be giving you more details about the fantastic work of these volunteers in the next issue.

Please click on this [link](#) to read Marjorie's story about volunteering for the bereavement group.

*Christine Gillham, Information
Carer Planning Team manager*

Volunteer Network Meeting

Our December meeting will be on Wednesday 9th December, please hold this date. We would also love to hear if you have any suggestions to help us celebrate Christmas this year. If you do, please get in touch.

Nicki Bird, Hub Co-Ordinator