


Young carers are children and young people, aged 5 – 24 years, who provide regular and ongoing care to a family member who has a long-term illness, disability, mental health issue or misuses substances. The family member may be a parent, sibling or grandparent living with them. The young carers service supports children and young people who live in Hillingdon and have a caring responsibility at home. We aim to mitigate the impact of caring on young people through the provision of regular social activities.

Carers Trust Hillingdon have established three, age specific Café sessions for young carers, held in Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PL. The purpose of the Cafe is to give young carers an opportunity to meet socially with other young carers and have fun in a friendly and welcoming atmosphere.

<p><u>Main purpose of the role:</u></p>	<p>We are looking for enthusiastic and dedicated volunteers to assist with making and serving refreshments. This role requires the volunteer to also interact with young carers and have a listening ear to help to create an enjoyable event.</p>
<p><u>Commitment required:</u></p>	<p>There are three different sessions:</p> <ul style="list-style-type: none"> • For carers aged 5y to 9y on 2nd and 4th Saturday of the month • For carers aged 10y to 16y 1st and 3rd Saturday of the month both at 10.00am to 1.15pm • For carers aged 16 to 24 Tuesday, term time only, 6.30pm to 9.00pm
<p><u>Benefits for you:</u></p>	<ul style="list-style-type: none"> • Being part of team • A sociable event • Enhance communication and empathy skills • Enhance your CV
<p><u>Role responsibilities:</u></p>	<ul style="list-style-type: none"> • To interact with the young people and encourage them to participate in the activities on offer if they so wish • Maintenance of a tidy and safe environment at all times • To conduct all dealings with young carers in a public area in full view of others
<p><u>Skills and attributes required:</u></p>	<ul style="list-style-type: none"> • Excellent communication skills • Organised • Enjoys interacting with young people • Making and serving refreshments
<p><u>Training and support given:</u></p>	<ul style="list-style-type: none"> • All volunteers are expected to undertake induction training at Carers Trust Hillingdon, 126 High St, Uxbridge, UB8 1JT • You will receive regular supervision and support
<p><u>To apply for this role:</u></p> 	<p>An H4ALL application form <u>MUST</u> be completed. We require <u>two</u> references.</p> <p>To obtain an application form:</p> <ul style="list-style-type: none"> • Visit www.h4all.org.uk and download or print an application form • Email volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post