

Carers Arts and Crafts Group Volunteer

Carers Trust Hillingdon coordinates a fortnightly (2nd and 4th Thursday mornings) peer support group for carers who enjoy painting or crafting and wish to get together to undertake their hobby. This volunteer role will be based at Carers Trust Advice Centre, be part of the Wellbeing Team and be responsible for running the group, supporting the carers and liaising with staff.

This role will suit someone who:

- Enjoys organising activities and has a keen eye for detail
- Has good written and verbal communication skills
- Is empathetic with an understanding of the needs and motivations of carers

Typical duties include:

- Consulting with members to plan a programme of activities, sourcing the necessary materials
- Keeping in touch (whatsapp or email) with existing members in between meetings and informing them of the activities planned
- Booking the venue, preparing room before each session and tidying up afterwards
- Offering refreshments during the sessions
- Undertaking any administration required to ensure the smooth running of the group

Training and Support

- All volunteers are expected to undertake induction training at Carers Trust Hillingdon, both online and in person
- You will report to the Carer Development Officer and will receive regular supervision and support.
- Should you wish and if places permit, you will be invited to attend Wellbeing Workshops

To apply for this role:

Visit www.h4all.org.uk and download or print an application form

OR Email volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post. • Email your completed form to volunteerhub@h4all.org.uk

OR Post your completed form to H4ALL, Volunteer Development Team, Key House, Yiewsley, UB7 9BQ. • Call 07395 282825 to speak to a member of the volunteering team