

## **Take a break volunteer – Bridges contract**

### **Who we are**

Three in five of us will become a carer at some point in our life. Caring Together is a regional charity working in Cambridgeshire, Peterborough and Norfolk. We provide information and advice, run services in our local communities and campaign for carers' rights so that carers have choices.

### **What we are looking for**

Volunteers who are willing to support carers within the community providing carers' breaks. This can range from wellbeing support (having a chat and a cup of tea), shopping, cleaning, gardening or accompanying carers on trips. This may be alongside regulated care provided by our paid care workers or working autonomously.

### **Where will I be based?**

The scope of your support location will be determined by you on successful application within Norfolk.

### **Start date**

From 1 September 2020.

### **Your commitment**

- As much or as little as you choose. Ideally with a minimum commitment of six months.
- Agreement to follow Caring Together's guidance, policy and procedures.

### **Our commitment to you**

- Full and comprehensive training.
- Regular debriefing and on-going support.
- Opportunity to use and enhance your existing skills and develop new, transferable skills.
- Satisfaction of knowing you are making an important and valued difference to someone's life and the work of Caring Together.
- Meet new people and be part of a friendly team.
- Gain valuable experience in the social care field within a voluntary organisation.
- Reimbursement of reasonable travel expenses.
- Provision of mobile phone.

## **Skills and experience**

- A desire to make a difference to people's lives
- Empathy with issues relating to carers
- Non-judgemental
- Friendly and enjoy meeting and supporting people
- Good listening and conversation skills.

Whilst we have listed the key skills for this volunteering role, we are always willing to discuss the role with you to explore your skills and ideas and match them to our needs – please do get in contact if you wish to discuss this further.

## **What we need from you**

Enhanced DBS check (cost covered by Caring Together).

## **Other important information**

Due to the current COVID-19 restrictions there is an attached list of dos and don'ts associated with this role. These will be continuously updated depending on Government guidance and will be discussed with you during the induction process.

## **Get in touch**

If you think this opportunity could be for you, please call 01480 499090 or email [volunteers@caringtogether.org](mailto:volunteers@caringtogether.org)

## **About Caring Together**

Caring Together is committed to safeguarding and promoting the welfare of vulnerable adults and children and expects staff and volunteers to share this commitment.

We are inclusive. We celebrate multiple approaches and points of view. We are an equal opportunities employer and expect staff and volunteers to respect the personal choice and lifestyles of colleagues, carers, and people with care needs.

## **Agreed activities**

- Removing weeds from garden flower beds or raised beds
- Mowing lawns
- Collecting shopping
- Buying shopping
- Collecting prescriptions
- Walking
- Putting washing in/taking washing out
- Dog walking on lead
- Tidying

- Playing games (COVID-19 restrictions dependent)
- Reading books
- Providing company to the cared for as a break for the carer.

### Not agreed

- Hedge cutting
- Tree cutting
- Pressure washing
- Car washing
- Any lifts or car sharing at all
- Heavy lifting of any kind
- Personal care
- Administering medication
- Personal care.

Do	Don't
<ul style="list-style-type: none"> <li>• Keep any data secure and treat other people's information in the same way you would want yours to be treated. This includes addresses, occupants of a household, medical conditions.</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss any information or data with anyone outside of Caring Together.</li> </ul>
<ul style="list-style-type: none"> <li>• Meet outside – this can be in their garden or a local park.</li> </ul>	<ul style="list-style-type: none"> <li>• Enter their property or arrange to meet inside.</li> </ul>
<ul style="list-style-type: none"> <li>• Meet with the allocated carer only.</li> </ul>	<ul style="list-style-type: none"> <li>• Disclose your address or arrange to meet at your house.</li> </ul>
<ul style="list-style-type: none"> <li>• Check in with your volunteer coordinator before and after the arranged meeting.</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with multiple people. The meetings should be on a one to one basis.</li> </ul>
<ul style="list-style-type: none"> <li>• Always remain at a two-metre distance. If this is not possible a minimum of one metre should be kept.</li> </ul>	<ul style="list-style-type: none"> <li>• Touch, hug or physically assist the carer during your meeting.</li> </ul>
<ul style="list-style-type: none"> <li>• Wash your hands as often as possible.</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with carers or others referred for support without consulting with the volunteer coordinator.</li> </ul>
	<ul style="list-style-type: none"> <li>• Accept gifts or money from the people you support.</li> </ul>