

# Volunteer Role

## Bristol & South Gloucestershire Young Carers

### Job Description

The volunteer will be expected to work directly with children and young people who have caring responsibilities for one or more family members.

### Key Tasks

- To actively listen to the Young Carer (YC)
- To enable the YC to identify their needs and concerns
- To help the YC develop social skills and self-confidence by attending groups
- To encourage the YC to pursue an active interest outside of the home
- To be sensitive and respectful of needs of all family members
- To carry out the responsibilities of the post with full regard to the volunteers policy
- To undertake a DBS Disclosure and Baring check before commencing the role

### Personal Specification

Volunteers will come from varying backgrounds, bringing different qualities and expertise. It will be part of our recruitment that people are selected not just for their relevant experience but for their potential and life skills. Below is a list of essential qualities that volunteers should have or can acquire through the training programme.

- Good listening skills and possible group work/ activity work with children and young carers
- Communication – ability to communicate effectively with children, young people and adults
- Understanding/experience of young people's issues
- Self motivation – ability to use own initiative
- Able to give regular commitment to the project
- Applicant must be 18 or over
- To undertake an induction and participate in other training as required by the role
- A commitment to the project of at least 6 months

### Training

All volunteers will be expected to take part in the general induction training programme.

This training will include:-

- Young carers – Issues facing young carers and the need for volunteers
- The general principal of befriending – do' and don'ts
- Issues of confidentiality
- Disability Equality
- The Children's Act and Child Protection issues
- Boundaries – working with children

Who Are Young Carers?

A young carer is a child or teenager under the age of 18 who has responsibility for the care of a parent or family member who is suffering from a long term illness or disability. The caring role may be physical, emotional or both.

What does the project do?

Provide support and information to young carers

Information and advice to families and professionals

Awareness raising amongst professionals working with young people

One to one support

Holiday and regular activities and clubs for YC

What support will I get?

All volunteers will receive regular supervision, both on an individual and group basis. The project co-ordinator will be contactable by phone for any immediate concerns.

Expenses

A mileage allowance will be paid, **Up to a maximum of 20 miles per trip** (or bus fares) as well as reasonable outings. Costs as agreed by project co-ordinator.

What will I get out of being a volunteer?

People choose to volunteer for a wide variety of reasons. Whatever your reason, you will be part of a friendly and fun team that offers you training and support. You will also be making a difference for a young carers life by giving them your time and energy. In addition to this, you will gain valuable skills and experiences that will be useful for future careers.