

VOLUNTEERING ROLES

Short descriptions

Volunteer counsellor

Do you have a counselling qualification? Are you training to be a counsellor? If you are qualified to at least Level 3 and are a member of a professional body such as BACP, you may volunteer with us as a counsellor for carers. We can offer you dedicated administrative support who will speak to carers who have been referred for counselling, allocate clients and book venues or set up online meetings. We have a Lead Counsellor who will offer guidance, support and supervision.

Activity group volunteer

Do you regularly have 2 and a half hours a week to volunteer? Are you a real “people person” who likes to spend time with others? We have three activity groups in West Essex (Dunmow, Epping and Harlow) for people suffering from dementia. Each group runs weekly and offers a variety of activities. In the mornings, groups focus on keeping physically active and in the afternoon, they offer a variety of cognitive activities. If you have patience and compassion, then this could be the role for you.

Day care volunteer

Are you kind, patient and always up for a laugh? Our day centre in Maldon is run by fully trained staff who plan a fun and varied range of activities. Clients spend the full day with us and enjoy a two-course home-cooked lunch. Our centre is open Mondays, Tuesdays, Thursdays and Fridays. As a volunteer you would support the staff in caring for those who attend in a safe and social environment which focuses on the needs of the individual.

Peer group volunteer

Do you have experience of being a carer? Would you like to use your experience to help support others? Our peer groups offer a safe and supportive environment where carers can enjoy a cup of tea, share experiences and offer help to each other. We have groups in North East Essex and West Essex run by one of our Support Workers or Carer Advisors, who usually meet once a month.

Young Carer Group Volunteer

Are you interested in working with young people aged between 8 and 18? Are you willing to roll up your sleeves and get stuck into a variety of activities? Do you have endless reserves of patience and understanding as well as a good sense of humour? We run Young Carer Clubs in 8 locations throughout Essex. They take place in the evening and are run by qualified and experienced staff who you would support. The group leaders also organise day trips for the Young Carers and have recently visited Ninja Warrior in Chelmsford and had a cinema visit in Burnham. If you want to help make a real difference in the lives of young people, then this is the role for you.

Fundraiser

Do you have the confidence to shake a collection tin? Are you interested in helping us to provide help and support to carers in Essex by raising much needed funds? Are you taking part in a challenge and looking for a worthy cause to raise monies for? As a fundraiser, you may be asked to attend events to promote the work of Action for Family Carers and ask for donations or participate in sponsored challenges to raise money for the charity. This is very much an “ad-hoc” volunteering opportunity so may suit you if you have limited or sporadic time to allocate to a volunteering role.

Events and Promotional support

Are you a confident public speaker? Are you passionate about improving the lives of unpaid carers in Essex? Are you a social person who enjoys the opportunity to chat with others? If you think you could attend community events to talk about the work that Action for Family Carers do in the area and the services we provide, then this could be the role for you. You may be asked to help man a stall to give out information to carers or it may be an event where people are raising money for AfFC and we need some help with refreshments. Whatever the occasion, your help will enable Action for Family Carers to continue our work to support people across Essex.