

Carers Connected Volunteer

Role:	Session Host Volunteer
Background:	Carers Connected is a new Christian initiative to support informal carers through a weekly zoom session that provides carers with the opportunity to chat and pray together. We have been running a pilot since January and carers have found it hugely beneficial.
When:	Once a week on Thursdays at 3pm – 4pm, or less often on a rota basis. More dates and times may be added as we grow. You'll need to log in 10 minutes before the session starts and be available for 10 minutes at the end.
Why:	Carers value the opportunity to chat and pray with other carers, as there is a shared understanding of the challenges they are facing. Informal carers are at risk of being out of sight, out of mind.
What does the role involve:	Attending a training workshop Regularly hosting a zoom meeting of informal carers Creating opportunities for sharing and discussion within the group Leading and directing a time of prayer within the group.
Attributes and skills needed	Be a committed Christian, comfortable with praying in a group. Be reliable and friendly; have empathy with carers Ability to include everyone in a group discussion (drawing out the quieter folk and ensuring those who like to talk a lot do not dominate) Ability to draw out threads and strands of a group discussion
What's in it for you?	You'll receive training and support and be part of a team of like-minded people. It's a wonderful opportunity to connect with others and an opportunity to serve and express God's love
What you can expect from us:	Ongoing support; regular meetings with other volunteers; Opportunities for further training
Application Process	Complete an application form; Informal chat with project co-ordinator; two references to be taken; Attend a training workshop

For more information, email tina@embracingage.org.uk or visit www.carersconnected.uk