



Volunteer Role Description

Role	Wellbeing Host
Purpose of role	To facilitate a monthly Carer Wellbeing Group
What will you be doing?	<ul style="list-style-type: none"> • Set up the room, ensuring welcoming space and refreshments are available • Welcome carers to the group • Facilitate group activities and discussions (these are primarily carer led groups) • Explore and book speakers or other wellbeing activities • Record attendance and feedback to the allocated Carer Support Worker, including any concerns raised • Ensure all health and safety procedures are followed (including fire safety) at venue • Ensure venue is left clean and tidy after the group
What skills, experience, qualities do you need?	<ul style="list-style-type: none"> • A commitment to the vision and mission of Care for the Carers • A desire to support unpaid carers • Excellent communication skills • Confident speaking to members of the public • Reliable and trustworthy
What support will you get?	<ul style="list-style-type: none"> • Comprehensive training and induction programme • Opportunities for further learning and development as appropriate • Regular support and guidance from the Volunteer Coordinator • Expenses paid (in line with Care for the Carers policies)

What could you get out of it?	<ul style="list-style-type: none">• The chance to learn new skills• Meet new, diverse people, be part of a welcoming and supportive organisation and a volunteering community• Enjoyment and a sense of achievement – volunteering is good for your well-being• Gain experience for related roles and courses• Use your skills and life experiences to support others• Opportunities for further training and expanding knowledge• Opportunities to get involved with other Care for the Carer services and events• A reference for future roles and employment
Other Information	<ul style="list-style-type: none">• All volunteers are expected to abide by Care for the Carer policies and procedures• All volunteers will be asked to attend an informal interview and provide references• All volunteers must undertake a DBS check (paid for by Care for the Carers)• Wellbeing groups are peer led, this role is to facilitate the group and be a link between the carers and the organisation• We currently require Hosts in Heathfield and Hastings, each role has a time commitment of approximately 4 -6 hours per month