

Care Network Volunteer Role Specification



Time:	Flexible
Main contact:	Help at Home Coordinator & Assistants
Location	In your local community
Requirements:	18+ years old, DBS check
What does the opportunity involve?	
<p>Providing short term practical & emotional support for older or vulnerable people during a period of illness or difficulty at home, to help avoid an unnecessary admission to hospital or on return from hospital or for occasional one off tasks to promote independence at home.</p> <p>Possible tasks could include</p> <ul style="list-style-type: none"> • Keeping the client company and relieving isolation • Providing support and encouragement to help client regain confidence after hospital stay • Ensuring that the client is warm and comfortable • Light shopping, collecting pension, prescriptions etc. • Ensuring that milk, paper deliveries etc. are resumed • Accompanying the client on a walk or visit to shops or day centre etc. • Light housework • Advising the Coordinator if other agencies i.e. GPs are required • Help with filling in short forms • Liaising with other agencies such as care assistants for the client's benefit. Inform your coordinator if you identify where activities and services are lacking • Sharing information with clients to help them find enjoyable activities and useful services • Feeding back to your coordinator details of any information given and passing on more complex enquiries 	
What skills or experience are we looking for?	
<ul style="list-style-type: none"> • You'll be flexible, friendly and approachable 	

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- Have a genuine concern for the welfare of others
- Non Judgemental and respectful
- Contactable
- Have good interpersonal skills and be able to communicate with a wide range of people
- Be caring have a desire to help others
- Able to follow Care Network's policies, including confidentiality and equal opportunity

What will I get out of it?

- Enable people who are older, isolated or vulnerable in Cambridgeshire and Peterborough area to stay healthy, independent and in touch with their family, friends and community
- Meet new people, widen your knowledge, and support your community
- An insight into Care Network's work across the county
- Training – introduction to the organisation and your role and additional training opportunities available
- An opportunity to gain new experience for your CV and make use of your existing skills
- Regular and ongoing support from your Coordinator and the wider team of Care Network staff and volunteers