



## Help at Home - Volunteer Role Description

At Care Network Cambridgeshire, our mission is to help people stay healthy, independent and to keep in touch with their community. Our volunteers are integral to helping us deliver our services. We are looking for volunteers to share their time and provide us with support so we can continue to enable people to remain independent and maintain social contact with friends and the community.

<b>Role and purpose:</b>	Care Network Volunteer – Help at Home. 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.
<b>Time:</b>	Flexible
<b>Main contact:</b>	Help at Home Coordinators
<b>Location:</b>	In your local community
<b>Requirements:</b>	18+ years old, enhanced DBS check, willingness to undertake relevant training.
<b>What can the opportunity involve?</b>	
<ul style="list-style-type: none"> <li>• Light shopping, collecting pension, prescriptions etc.</li> <li>• Providing support and encouragement to help client regain confidence after hospital stay.</li> <li>• Accompanying the person on a walk or visit to shops or day center etc. (one visit a week)</li> <li>• Ensuring that the client is warm and comfortable</li> <li>• Advising the Coordinator if other agencies i.e. GPs are required</li> <li>• Sharing information with clients to help them find enjoyable activities and useful services</li> <li>• Feeding back to your coordinator details of any information given and passing on more complex enquiries</li> </ul>	
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<b>What skills or experience are we looking for?</b>	
<ul style="list-style-type: none"> <li>• You'll be flexible, friendly and approachable</li> <li>• Have a genuine concern for the welfare of others</li> <li>• Non judgemental and respectful</li> <li>• Contactable</li> <li>• Have good interpersonal skills and be able to communicate with a range of people</li> <li>• Be caring have a desire to help others</li> </ul> <p>Able to follow Care Network's policies, including confidentiality and equal opportunity</p>	

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**What will I get out of it?**

- Supporting Care Network to enable people who are older, isolated or vulnerable in Cambridgeshire to stay healthy, independent and in touch with their family, friends and community
- Gain an insight into Care Network's work and its role in the charity sector as a whole
- Training: an introduction to the organization and your role
- Opportunity to build experience for your CV or contribute existing skills
- Regular and ongoing support from your main contact and office team