

VOLUNTEERS URGENTLY REQUIRED IN THE KINGSCLIFFE AREA

- Are you interested in using your skills and experience and developing new ones through volunteering?
- Would you like to do something that will make a difference to people in your village or those nearby?
- Do you want to be able to get some experience and a reference for paid work in the future?

If so becoming a volunteer befriender with the Carers Sitting Service may be for you?

What's involved?

The Carers Sitting service provides support by giving a break to those who have a caring responsibility for a husband, wife, partner, parent, relative or friend. Sitting sessions take the form of befriending, do not involve provision of personal care, run from 2-3 hours and involve meeting the same person in their own home. We'll provide you with induction, including training and on-going support. Travel expenses will be paid for any visits you make.

Volunteering is very flexible and you can fit it around your other commitments. You can do regular or more occasional sitting sessions. You don't need any qualifications to become a volunteer as we provide training and on-going support. However, it is important that you are understanding, patient and a good listener.

Interested and want to find out more? Contact Adam Wilson, Volunteer Coordinator on 01933 677837 or 07538 616387 or email adamw@northamptonshire-carers.org.

