

Volunteer News

The newsletter for our volunteers who support unpaid family and friend carers



Issue 2, 2023

We would be pleased to receive contributions, photos, stories or updates for the newsletter. To contact us:

Call: 01992 58 69 69

Email: volunteer@carersinherts.org.uk

Visit: www.carersinherts.org.uk

Carers in Hertfordshire, The Red House, 119 Fore Street, Hertford, Hertfordshire, SG14 1AX.

Your Volunteer Team: Alex Daar, Nicki Bird, Leslie Asaiah-Asher and Julie Hayes.

Making Carers Count

Volunteer Vacancies

Information Carer Planning Service Admin Volunteer

We are looking for a volunteer who could help us with registering carers so they can access our support.

We need someone who has good communication and organisational skills, who can volunteer independently or as part of a team, and has an enthusiasm to help unpaid family carers. If you are interested in this role please contact Julie Hayes on 01992 58 69 69 or email julie.hayes@carersinherts.org.uk

Please see the full volunteer role description here: [Information Carer Planning Service Admin Volunteer Role](http://www.carersinherts.org.uk/support-us/volunteer-with-us/) or visit: www.carersinherts.org.uk/support-us/volunteer-with-us/

Julie Hayes

Spring is in the air!

With the start of new financial year and following consultation with volunteers in the winter about what your support needs are, we have planned some events to provide both social opportunities and to improve skills.



In this issue you can find more details about events coming up for volunteers. To find out more about courses for carers and Involvement meetings please visit the website [HERE](#).

There are many useful webinars provided by our local Mental Health Trust that might be of interest to you or the carers you support. For example, Living better with persistent pain: Arthritis and emotional wellbeing on 24th April at 11am. [Click Here](#) to see all their webinar topics.

Bereavement Volunteers

The Bereavement Service held its annual training day on 29th March in Hatfield. The day was an opportunity for the bereavement volunteers to get together and learn. Sister Nabeela Malik gave an engaging presentation about bereavement and mourning rituals in the Muslim faith and gifted each volunteer with a copy of the Quran. This was followed by a workshop on complicated grief facilitated by Pam Firth, Independent Consultant in Psychosocial Palliative Care. After a light lunch, the group was guided through a wellbeing and mindfulness session by Clare Teale, Carer Support Advisor.



You can find more information about the work of the Bereavement Service [here](#)

Volunteer Spotlight – Pam Rhodes

“Hello, my name is Pam Rhodes (Leader for the Hemel Hempstead Hub Support Group). I have lived in Hemel Hempstead for about 50 years. As a young person I was involved in all sorts of things but by middle age I began my training and career in Social Work which lasted for 25 years, working predominantly with older people and people with mental health problems. I retired in 2019, just 6 months before the COVID-19 pandemic began in 2020, so I missed out on wearing all that PPE gear.

I have 2 adult children and am a grandmother. I used to care for my parents, my mum had dementia and my dad had Parkinson’s (not at the same time). As the only child of my parents, this was a tough period.

After I retired, I felt that I had a lot of skills and experience that I could use to help others with and decided that being a volunteer would be a better way to go. After a volunteer role making calls, I felt that I wanted a more hands-on role where I could communicate with other people, and this is how I began my move to volunteering with Carers In Hertfordshire (CinH).

I found the CinH Hub advert in Facebook, and felt that the role suited my skillset and applied. I started just before Christmas 2021 which has made my time with CinH about 1 year and 4 months. My involvement with CinH was due to my understanding of what carers go through and my ability to relate to that experience. I felt that unpaid carers are a neglected group of people and need support. As a practicing Buddhist, I am involved with a Buddhist lay organisation who did quite a number of community activities to support people. It is difficult recruiting volunteers but I think we could do more via Facebook and advertising at hubs.

As a Hub leader for Hemel Hempstead, I credit the CinH staff for doing the hard work and supporting the Hub groups. With my co-leaders, we help get things ready on the Hub meeting day and make sure everybody is OK. We talk about what we are doing and what they want us to do. We have general discussions as leaders, we keep check on numbers and moderating the hub meetings. My true role is really an accommodator. I plan on staying active as a volunteer and as a person in my community.”

We have Hub Leader vacancies in Berkhamsted, Borehamwood and Bishop’s Stortford.

Leslie Asaiah- Asher

Training

All active volunteers need to update their Safeguarding Training once a year. You can book onto any course and when you ring in to book our staff can tell you when you last trained. Please book a space by ringing 01992 58 69 69 or email:

contact@carersinherts.org.uk.

11th April 10am—Online

26th April 10 am—Online

9th May 1pm—Online

24th May 10am—Face to face

31st May 10am—Online

New Mentor Training will be held in Hertford - 3 hour sessions for 4 weeks starting on 26th April at 10am. If any existing Mentors wish to join any sessions as Refresher Training please let Leslie know leslie.asaiah-asher@carersinherts.org.uk

Understanding Your Smart Device - 2 day workshop 17th and 24th April, 9.30–11.30am in Hemel. This course will teach you how to use all the main features of your smartphone or mobile devices and enable you to navigate these with confidence. Book a space [here](#).

Volunteer Network Meetings—Diary Dates

20th April at 10.30am in Welwyn Garden City. Leading Meetings skills training led by Jo Willis – will be opened up to other volunteers for skill development if spaces.

16th May at 10.30am on Zoom. Information Update on Support for Carers session led by Christine Gillham, Manager, Carers in Hertfordshire.

5th June at 1.30-3.30pm in Hatfield. Celebrating Carers and Volunteers with Afternoon Tea event.

More details will be circulated.

