Carers in Hertfordshire - Bereavement Volunteer

When a family member or friend dies, it can be a challenging, emotional and lonely time for carers - particularly if they have been caring for the person for a while. Talking and sharing feelings with someone who is experienced in listening, or other bereaved people who have similar experiences, can be helpful.

Carers in Hertfordshire offers bereavement support in group sessions, as well as telephone support.

Carers in Hertfordshire is a charity supporting family carers caring for someone who is elderly, ill or disabled and relies on that support. Carers often care for a relative, child or friend and the care they provide is unpaid.

Where will you be carrying out this role?	• Home based for telephone support • If facilitating groups: attendance is at our Ware and/or Watford venues
How much time will I be expected to give?	• Exact time and frequency to be determined in negotiation with volunteer team but anticipated to be a minimum of 2 - 3 hours per month. • Based from home which can be completed flexibly to match your availability. • Quarterly team meetings with other volunteers
What will I be doing?	You will carry out this role as part of our team of trained volunteers to support bereaved carers to help them find their own way forward after their loss and ensure they have the information and support available to do so. Support is provided over the phone and group support. As a volunteer you may wish to get involved with both phone and group activities. **Telephone support:** • Calling bereaved carers to offer support on individual basis on the telephone. **Groups:** • Listening and supporting bereaved carers within a group and sometimes on an individual basis. • Assisting in planning and running bereavement group including administration duties. • Tea/coffee making.

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What skills, experience and attributes do I need?	**Essential:** • The ability to actively listen and empathise • Non-judgemental • An awareness of own limitations and that of service and an ability to keep within those boundaries. • The ability to carry out the role as part of a team • Awareness of importance of confidentiality • Ability to maintain accurate records as required **Desired:** • Experience in bereavement support or a similar field
Who will I be volunteering with?	• A team of trained bereavement volunteers. • You will also be part of the wider volunteer team at Carers in Hertfordshire.
What can I expect from the role and Carers in Hertfordshire?	• The opportunity to help others and put your skills to good use. • Training to develop your skills on a continuous basis • A chance to enhance current skills through gaining experience • The chance to boost your CV and increase employability • The opportunity to meet and be part of a team of dynamic and passionate people. • Out of pocket expenses will be covered. • A Carers in Hertfordshire mobile phone for telephone support.
Things you need to know	Please note this opportunity is only available to those over 18 years of age. This role requires a DBS check and internal safeguarding training
I'm interested, what's my next step?	If you'd like to find out more about becoming a Bereavement support volunteer, get in touch: **Call:** 01992 58 69 69 **Email:** volunteer@carersinherts.org.uk **Website:** Bereavement Support Volunteering www.carersinherts.org.uk