

Community Fundraising & Publicity Volunteer

What is a Carer?

A Carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. Carers often experience stress, loneliness and isolation, they can find it difficult to go out because they cannot leave the person they look after on their own.

What we do

We support unpaid Carers in East Sussex to continue in their caring role by providing free, high quality, volunteer-led services that encourage independence and reduce isolation.

Our services include

Regular Respite Breaks: Giving Carers the opportunity to have some time to them self, building a long-term befriending relationship with the cared for person.

Respite for Healthcare: Enabling Carers to attend their own healthcare appointments by sitting with the cared for person while they go.

Carers Wellbeing: Providing Carers with a listening ear and the opportunity to discuss their caring role in confidence. Supporting Carers to access residential respite breaks.

Computer Help at Home: Teaching Carers to use their computer in ways that will help them to have more time to themselves and reduce their isolation.

Young Carers Befriending: Giving Young Carers the opportunity to take a break from their caring role.

What does a Community Fundraising & Publicity volunteer do?

Do you love talking to people, are you persuasive and able to sell a good cause, getting others enthusiastic about supporting it? Our Community Fundraising & Publicity volunteer' s:

- Act as a point of contact in their community making sure that their local Parish Office, GP practice, library, shops and businesses have up-to-date information about our services and volunteering opportunities,
- Help to make sure that the Association of Carers is a charity that people know about, refer to and support by promoting our services, volunteering roles and fundraising events, putting up posters, distributing flyers and selling tickets in the local community
- Approach local businesses, shops etc. in their area, telling them about the Association of Carers and why we are a cause worthy of support and asking them if they would be willing to take a collection pot

- Arrange to collect the pots in their community on a quarterly basis, bringing them into the Association of Carers office, counting the money that has been collected and taking a certificate of thanks back with the emptied pot.
- Help with our Supermarket Collections/Bag Packs that take place in your local area, by covering a two hour slot with another volunteer, collecting money, telling people about the Association' s services and promoting our volunteering opportunities
- An additional aspect of this role, for volunteers that are interested, is taking the stand/collection buckets etc. to and from the supermarket, helping to set up and take down the stand and bringing the money raised into the office and counting it

Skills/Qualifications needed

- Sociable and good at communicating with an understanding of the issues faced by Carers and passionate about communicating our cause to others
- Confident with good organisational skills, an enthusiastic approach and the ability to work under your own initiative.
- Able to commit to providing a minimum of about three hours support a month on an ad-hoc basis

Where does the volunteering role usually take place?

In the volunteers local community, with some travel to the Association of Carers office in Hastings

What is the induction process for volunteers?

We ask our volunteers to complete an application form, provide two references and meet us for an informal chat. We also carry out a DBS (Disclosure & Barring Service) check as our volunteers work with people who are considered vulnerable. Following this, volunteers attend a one day induction, which helps them to:

- Understand more about the Association and the support it provides to Carers
- Understand what it means to be a Carer and the impact caring has on people' s lives
- Feel confident when talking to others about the Association e.g. tips on how to promote our services including basic networking, fundraising and publicity skills

What training are volunteers provided with?

We run an extensive training programme throughout the year, for example;

- Safeguarding Vulnerable Adults
- Dementia/Stroke and Parkinson' s Awareness
- Basic listening and counselling and bereavement skills

What support do we offer our volunteers?

- We encourage our volunteers to call us or pop in to one of our offices if they need a chat, advice, or have any concerns
- If volunteers are unable to drive we find them a volunteer driver or arrange a taxi
- We reimburse expenses incurred while volunteering, for example, travel