



Volunteers needed to give carers a break

- Do you have a few hours to spare?
- Would you like to help a worthwhile cause?
- Use your skills and experience to help carers take a break

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 and involve meeting the same person in their own home. As a volunteer befriender you would be visiting someone in your local area. Volunteers do not give personal care or cook meals, undertake cleaning or do shopping.
- No qualifications are needed, we will provide induction training and on-going support. However, it is important that you are understanding, patient, non-judgmental, a good listener and open-minded.
- You could use your spare time to help someone else, or gain experience while you search for paid employment. You could also gain a reference to use when you apply for jobs.
- All volunteers have an informal interview, will need to complete an application form and provide two references. If you are successful we will request a disclosure and barring service (DBS) check, which we will pay for.
- Travel expenses will be paid for any visits you make.

Interested? To find out more,
call Adam Wilson on 01933 677837 or email him at
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