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| **Volunteer Role: ‘Time for You’ Volunteer**Are you good with people? Can you give carers of older people in Exeter a 2 or 3 hour break each week by providing company and reassurance to their loved one at home?As a **Time for You** volunteer you will be providing warm, empathetic company and practical support (NOT personal care) to the loved one of a carer so they can go shopping, attend appointments or simply have a break. |
| **Service:** | **Time for You** |
| **Purpose of service:** | To give carers of dependent older people in Exeter a break by providing their loved ones with good company, reassurance and simple practical support, but not personal care.  |
| **Location:** | Carers’ homes in Exeter. |
| **Role supervisor:** | Kay McGeorge, Time for You Co-ordinator and member of the Enabling team. |
| **Day & time:** | Monday to Friday, 9am to 4.30pm  |
| **Main tasks:** | To provide:* Good company and reassurance for the cared for person at home, while their carer has a break
* Tea / coffee, light refreshments
* Help with mobilizing, where assessed safe to do so
* Feedback to the service co-ordinator regarding any issues/concerns
* Contact with the carer by mobile phone in the event of a serious issue or emergency
* **No personal care, such as help in the toilet or with dressing is part of this role.**
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| **What we need from you:** | **This is a responsible role and we have a duty of care to you, the cared for person and the carer to get it right. We will therefore interview all volunteer applicants to ensure their suitability to the role. We’re looking for people with:*** A Warm, friendly personality with non-judgemental attitude
* Empathy and good communication skills
* An understanding of, and sensitivity to, the needs of older people
* A clear understanding of, and ability to abide by, the boundaries of the role
* Ability to show initiative and to seek guidance where required
* Ability to remain calm if situations become stressful
* An understanding of the risks and hazards that may present themselves
* Willingness to undertake dementia awareness, safeguarding and moving and handling training
* Reliability within the time commitment we agree with you
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| **What we offer you:** | * A very warm welcome
* Good induction with role relevant training
* Reimbursement of travel costs
* The opportunity to meet new people, make new friends and become part of a thriving local charity
* The knowledge that you’re making a real difference for carers of older people who would benefit from a break
* Volunteer Newsletter
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| **How to apply:** | * Informal interview with our Volunteers Co-ordinator
* Complete a volunteering application form
* Provide 2 satisfactory references
* Interview with the service co-ordinator to agree suitability
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| **Compulsory Training:** | You must complete the following before taking up the role:* *Dementia Awareness, Safeguarding and Moving and Handling Training*

And within the first 3 months:* *Introduction to Age UK Exeter* Workshop
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| **For more information:** | Tel: 01392 202092Email: volunteering@ageukexeter.org.ukWebsite: [www.ageukexeter.org.uk](http://www.ageukexeter.org.uk) |