



# Volunteering with The Carers Association Mentoring Programme

The Carers Association are seeking volunteers to act as Mentors to Family Carers as part of a national pilot mentoring programme.

The purpose of this role is to provide a one-to-one, non-judgmental relationship where you can volunteer your time to support and encourage someone by visiting them in their own home. Visits usually involve a simple cup of tea with someone in the volunteer's own area. Many people benefit from the support of a befriender at a time of change in their life or when they are socially isolated due to illness or old age.

Ideally the Volunteer will have extensive knowledge, experience and expertise within a caring environment and they will use these skills to support existing and former Carers through challenging times in their lives, while helping to build their resilience and self confidence and reduce their sense of emotional and geographical isolation.

Experience within a caring role (existing or former) is essential for this programme, however training will be provided. A one year commitment for mentoring (upon matching) is required.

Contact with the carer, relative or friend will be on a one to one basis; and may take place in person, over the phone, in our local resource centre or online.

Requirements for the role:

- **If you have experience in a Caring role?**
- **Are available to volunteer 1 hour per week?**
- **Are aware of what it is like to feel isolated and alone in a caring role?**
- **Would like to support and advise a Family Carer in a similar situation?**
- **Want to be part of a vital service to Family Carers?**

Then please contact Arlene Carroll on 057 9370218 or 086 1731535 for more information and a recruitment pack or alternatively email me at [acarroll@carersireland.com](mailto:acarroll@carersireland.com)

It is envisaged that training will commence at the end of May 2015