

Volunteer Role Description

Name of Family Action Service Wandsworth Young Carers

Location Wandsworth and immediate locality

Supervising member of staff Becky Canton

Volunteer Role Title Mentor

Purpose of Role Young carers can often be overlooked due to the consuming nature of the caring role they provide at home. The role of the mentor is to provide some much needed 1:1 support so that young carers have some time when they are the sole focus of someone's attention.

Responsibilities / role description

- To provide 1:1 support to a young carer in the community
- To help the young carer explore their own interests and join them in these activities eg; going shopping, a bike ride etc
- To discuss and facilitate possible new experiences
- To agree on some goals and targets with the young carer and support the young carer in working towards these eg; increasing confidence
- To complete a simple recording sheet at the end of sessions, to be forwarded to the supervisor
- To understand that there may be times that confidentiality may need to be broken if concerned about the child's welfare
- To attend training prior to starting role and complete online training
- To attend supervision with the supervisor once every 6-8 weeks in order to discuss how the sessions are going and any support which may be required.
- DBS police check required, to be arranged by Family Action
- To keep receipts so that you can be reimbursed for activities and travel
- To ensure you have an understanding (appropriate to your role) of, and comply with Family Action's procedures for promoting and safeguarding the welfare of children and vulnerable adults.
- To comply with Family Action's Diversity & Equality Policy and our Ethical Policy in every aspect of your work and positively promote the principles of these

policies amongst colleagues, service users, volunteers and other members of the community.

- To comply with Family Action's Health and Safety Policy, Data Protection Policy and to protect your own and others' health, safety and welfare.

Time commitment required

We ask that mentors commit to a minimum of three months working with a young carer, and are available to meet with them fortnightly. In some circumstances and based on your availability it may be possible to meet with the young carer weekly. Sessions are usually around 2 hours long.

Times and dates to meet will be mutually agreed between the mentor and the young carer and their family. The mentor must keep the supervisor informed of arrangements. Possible times may be an evening after school, or at the weekend.

You would be required to meet in and around the Wandsworth area.

Skills/ Attributes

- Empathetic and non-judgemental
- A good listener
- Understanding
- Committed; missing a session may result in the young carer being put off from meeting again
- Resilient; awareness that it may take several weeks to start to build a relationship

Training and Support

- A training day will be provided prior to starting which will include an overview to working with young carers and the challenges they face, ideas on starting conversations, confidentiality, safeguarding and lone working.
- Regular supervision will be provided and this is an opportunity to discuss what is going well, and where they may be some challenges.
- Regular informal support; you can call a supervisor at any time if you need support in between supervisions.
- There will always be a supervisor on call when you are with a young carer.

Benefits

Knowing that you have made a real difference to a young carer's life; giving them an opportunity to have some fun and to have learned valuable skills which will equip



them moving forward. They may not have had this experience had it not been for your contribution.