

## Relaxation Group Volunteer Facilitator Role Description

### Summary

As a Relaxation Group Volunteer Facilitator, you will work alongside the Adult Carers Support and Advice and Information Teams to facilitate and co-ordinate relaxation groups for Carers.

### DBS check required.

**Location:** Sutton Carers Centre

**Commitment:** 4 – 14 hours per week.

### Key Tasks

- To facilitate a weekly relaxation group for adult carer, including setting up and clearing the room
- To create a welcoming and supportive environment for carers.
- To lead exercises and share a basic knowledge of relaxation and mindfulness and the benefits these can bring to carers.
- To collate attendee names and to record them an attendance sheet.
- To gather donations of suggested £1.00p per attendee per session to cover the cost of refreshments and overheads for the group and the centre
- To refer carers on to centre staff when they require information, advice or more in-depth emotional support.

### What we're looking for:

- An understanding of the issues and needs of unpaid carers.
- A warm, open and non-judgemental approach. This includes the ability to relate to people from all walks of life and the ability to deal sensitively with people, particularly at times of emotional distress.
- Good organisational skills.
- Self-awareness about your own capabilities and the ability to ask for help if you are unsure or unclear.
- An understanding of the importance of issues pertaining to confidentiality and data protection.
- Work within our safeguarding procedures and report any risk issues or safeguarding issues as soon as you become aware.
- A willingness to undertake mandatory training in safeguarding vulnerable adults and other training deemed necessary.
- A willingness to engage in supervision on a quarterly basis and as required.
- Ability to make a regular commitment to the role for a minimum of 6 months.

### What we provide:

- Supervision and support from the Communications & Digital Inclusion Coordinator.
- Induction and training.
- Reimbursement for travel expenses and any other pre-approved role related expenses.
- References can be provided after 6 months of volunteering.
- A friendly and supportive atmosphere where you can learn new skills, make new friends and challenge yourself.