

Young Adult Carers (YAC) Cafe Facilitator Volunteer Role Description

Why do we need you?

As a YAC Café Facilitator you will co-ordinate monthly cafes that are essential break for the young adult carers. A new volunteer role and a new group to support for CSW, these cafes are a pilot to understand how young adult carers can best be supported.

Held at various venues around Wiltshire: clubs, community rooms to cafes and garden centres, the cafes provide a welcoming atmosphere and supportive environment where young carers meet each other, talk, find solutions and feel relaxed in a friendly environment where others understand.

Described by many as 'like family' they are also an opportunity for CSW to keep up to date with any additional support needed, change in circumstance and access to new unpaid young carers. The cafes can be a lifeline to some young carers and they have become well-loved and attended by many.

How much time is needed for this role?

- Hours are per month; 3 hours per month between the hours of 10.30 – 16.00
- This role is based at within the community and at a local venue

What activities will you be involved in?

- Co-ordinate and attend monthly carer cafes, listening and encouraging peer to peer support.
- Keep record of attendance, reporting any well-being concerns to CSW staff and signposting.
- Organising refreshments.

What can you gain from this opportunity?

1. Making a difference to young adult carers.
2. Improved understanding of the wider carer partnerships and support services
3. Comprehensive training programme and ongoing support and supervision
4. Reimbursement of out of pocket expenses as defined by Carer Support volunteer policy.
5. Volunteers will have the opportunity to meet with other volunteers through regular social events
6. Volunteers will receive the Carer Support Wiltshire Volunteer Newsletter.
7. Gain experience of working with young people

Is there Induction and Training?

- You will receive a full induction before you start
- Additional training will be provided on subjects such as confidentiality, communication and the wider CSW services.

What are we looking for?

- Be empathetic to the needs and concerns of young adult carers
- The ability to develop and maintain supportive and sensitive relationships
- Good communication skills with previous experience of talking to groups
- Friendly approach with good listening skills
- Experience of working with young people and understanding mental health issue

Due to the nature of this role volunteers will be required to complete DBS form and provide referee.