

Volunteers – Supporting Adult Carers (August 2007)

Many people give a substantial amount of care and support to a relative, partner or friend. They need time for themselves so that they can take a break, keep up with their own hobbies, or get involved with something that interests them.

Volunteers can make a difference to the lives of carers and those to whom they provide care.

We are looking for volunteers to provide assistance to:

- Adults with a physical or sensory impairment
- Adults with a learning disability
- Older people.

Volunteers make our services extra special. They can often relate to people on a more personal level because they are giving their time to help.

Volunteering gives you the opportunity to share your skills, knowledge, leisure time and friendship with others in your local community. If you are patient, reliable and have a genuine interest in people, you have much to offer us.

We can offer you:

- Free training – induction and relevant ongoing training to meet individual needs
- Individual and group support
- Opportunities to meet other volunteers at meetings and social events
- Opportunities to gain and share skills and experience
- Flexibility in when and where you volunteer
- Travel and out-of pocket expenses
- Insurance to cover your involvement.

Volunteer roles include:

- **Sitting Service** – Spending time with someone in their own home who would be at risk if they were left on their own. This would enable their carers to take a break for up to 3 hours
- **Out and About** – Take part in leisure and social activities with people with learning disabilities
- **Carers Information Board** – Updating boards every six to eight weeks with posters and leaflets about services, health issues, or local groups relating to carers.
- **Volunteer Drivers** – Supporting carers to attend various arranged activities and meetings



- **Attendant Scheme** – To assist drivers to transport older people to and from a Blackpool day centre
- **Carers Consultation Network** - This gives volunteers the opportunity to help shape the future of Health and Social Care in Blackpool.

Adult Social Care have an equal opportunities policy. We aim to recruit and support volunteers from all backgrounds, of different ages (18+ years) and with different interests to help us meet the needs of those we support. We match individuals to appropriate roles depending on their interests, and what they have to offer.

How to contact us

Voluntary Services Officer
Carers and Direct Payments Team
Adult Social Care and Housing
The Stadium
Seasiders Way
Blackpool FY1 6JY

Tel: (01253) 651484

Email: carers@blackpool.gov.uk

To ensure our services are accessible to all, documents prepared by Blackpool Council are available in large print, Braille, on audio cassette or on computer disc upon request. We can also provide help for British Sign Language users and provide information in other languages. Please ask for details or telephone (01253) 477117.