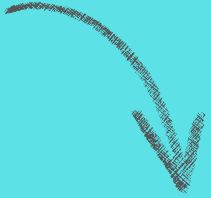


HELP AT HAND



Volunteer services available to support people who are caring for a loved one

Issue 2
April 2022



All
Carers

Welcome to the second issue of Help at Hand, the bulletin that provides information to Carers on how Volunteers can support you. Our first bulletin issued in the Autumn, **Help at Hand - Issue 1 - October 2021** focussed entirely on 'practical support' available to carers through volunteers. Issue 2 will take a similar format, but will focus on emotional support. A number of voluntary groups in Warwickshire train volunteers in mentoring, befriending and counselling skills in order to offer free one to one emotional support to carers. They know that caring for a loved one with health conditions, disabilities or additional needs can be overwhelming, stressful and quite isolating at times. This bulletin is for you if you are worried about your well-being, feeling stressed or anxious or if you just need someone to talk to.

CARERS TRUST

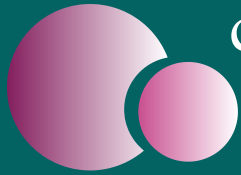
Heart of England

Time for you! is a befriending service. As a carer if you are feeling lonely and/or isolated and would appreciate a friendly visit once a week then 'Time for you!' could be your source of help. The purpose of the service is to offer a reliable relationship to you if you have found it difficult maintaining social connections as a result of your caring role. You will be matched with a trained volunteer 'befriender' who will arrange to either phone or visit you once a week for a period of 12 weeks.

To register your interest in this service please contact

Michelle Sawyer at Carers Trust michelle.sawyer@org.uk





Calling all parent carers of children with additional needs or disabilities. If you could do with someone to talk to right now, then we may be able to help!

Entrust Care Partnership have recently recruited a band of trained volunteers who can offer one to one emotional support through weekly face to face meetings or online.

To find out more or to register your interest in the 'Lean on Me' service please contact Lynne Barton at lynnebarton@entrustcarepartnership.org.uk Tel : 07712 326273



The Parenting Project offers 2 types of volunteer run emotional support services to parents (including parent carers). Firstly a counselling service and secondly a mentoring service.

The aim of the counselling service is to help parents explore issues they may be experiencing. Counselling can help with a variety of problems and can help when a person has become 'stuck' or troubled by their situation. To find out more or request a referral form email counselling@parentingproject.org.uk to ask for a referral form.

Parent mentor volunteers provide support to families in a non-judgmental way. They can help parents with relationship and communication difficulties and help to build self-confidence. They can also help parents who are feeling isolated to engage with the wider community.

To request a mentor e-mail Caroline Jacobs at caroline.jacobs@parentingproject.org.uk or call her on 07958487544.

Age UK Coventry & Warwickshire offer a confidential and professional counselling service for individuals age 65 and over. The Counselling Service can support people who may be experiencing anxiety, stress, depression, bereavement and difficult emotions such as low self-esteem. They can also support carers who are finding their role challenging.

What to expect from counselling: You will be encouraged to talk about your feelings and emotions with a trained therapist, who will listen and support you without judging or criticising.

The Counsellors: All the volunteer counsellors are trained or are undergoing training and are supervised in line with the British Association of Counselling & Psychotherapy (BACP) and follow the code of ethics and good practice.

Contact: Telephone: 01926 458112 or 07436 108115
Email: counselling@ageukcovwarks.org.uk

Adults caring
for adults



AmbaCare Solutions can provide a volunteer Dementia Buddy who is someone who wants to make a positive difference to people living with dementia and/or their carer. A Dementia Buddy is either someone with lived experience of dementia or has a desire to improve the lives of people living with dementia and/or their carers.

Dementia Buddies have a good understanding of dementia and engage with individuals to provide information and support that enables them to make the best of their experience of living with dementia. Most importantly they provide a listening ear and someone friendly to chat to. A Dementia Buddy will always treat you with dignity and respect and will work within the limits of strict confidentiality.

To register your interest in a Dementia Buddy contact:

Ruth Chauhan at Ruth@amba-uk.org



Warwickshire Young Carers provides support for young carers from age 6 to 25, ensuring young carers are afforded a break from their caring responsibilities, supported to achieve their aspirations, and improve wellbeing.

A referral can be made by a professional or by a family member. The needs of the young carer are assessed to provide targeted support. Volunteers provide their time and skills to help at regular group activities, days out and short breaks. Supporting opportunities for young carers and young adult carers to meet each other, make new friends, learn new skills, navigate key transitions, and have fun.

If you are a young person or know a young carer aged 6-25 who cares for a sibling, parent, or grandparent please get in touch by following the link below:

Online: Referrals - [Warwickshire Young Carers Project](#)

T: 01926 963940

To find out more about

Warwickshire Young Carers: <https://youtu.be/f5rsYlisy0Y>

Young
Carers

We hope you've found the information useful. Now we'd really like to know from you how volunteers can best help you?

At CAVA we are trying to identify areas of your lives where volunteers can make the most positive impact, in order to try and develop services with our partners. To help us gauge what's most needed would you please complete a very short form indicating your priorities for help. This will only take a couple of minutes. We will use the results to identify support and to bid for funding.

You can access the form on the link here: [Volunteers for Carers Survey](#)

To discuss any information in this bulletin contact

Helen Wilkinson Project Co-ordinator - Volunteers for Carers:

helen.wilkinson@wcava.org.uk 07966380276