



Carers Connected Session Host Volunteer

Role:	Session Host Volunteer
Background:	Carers Connected is a Christian initiative to support informal carers through a weekly zoom session that provides carers with the opportunity to chat and pray together. Usually about 45 minutes is spent chatting, catching up with news and then sharing a poem, song, video, or picture for a few minutes. The last 10-15 minutes is spent praying for one another.
When:	The zoom sessions (lasting one hour) currently run twice a week, on Wednesdays at 7.15pm and Thursdays at 3pm, but we would like to start another new session, on a different day and possibly in the morning. You'll need to log in 10 minutes before the session starts and be available for 10 minutes at the end.
Why:	Carers value the opportunity to chat and pray with other carers. There is a shared understanding of the challenges they are facing, along with a common Christian faith and desire to pray and be upheld in prayer. Informal carers are at risk of being out of sight, out of mind.
What does the role involve:	Attend a training session with all current hosts, as well as attending some sessions of the existing groups to get a feel for the style and ethos. Complete basic safeguarding training. Regularly hosting a zoom meeting of informal carers with another volunteer, ideally weekly. Creating opportunities for sharing and discussion within the group. Leading and directing a time of prayer within the group.
Attributes and skills needed:	Be a committed Christian, comfortable with praying in a group. Be reliable and friendly; have empathy with carers. Ability to include everyone in a group discussion (drawing out the quieter folk and ensuring those who like to talk a lot do not dominate). Ability to draw out threads and strands of a group discussion.
What's in it for you?	You'll receive training and support and be part of a team of like-minded people. It's a wonderful opportunity to connect with others and an opportunity to serve and express God's love.
What you can expect from us:	Ongoing support; regular meetings with other volunteers; opportunities for further training.
Application Process:	Complete an application form; informal chat with project co-ordinator; two references to be taken; attend existing group for a few weeks.

For more information, email sarahsmith@embracingage.org.uk

or visit www.embracingage.org.uk/for-carers