



## **Could you help us provide breaks for carers in East Cambridgeshire?**

**We would like to help people looking after a family member or friend in East Cambridgeshire to take a break from their caring role.**

**Could you be a volunteer to help deliver this free support and make a difference to the lives of carers in your town or village?**

**We are looking for volunteers to provide company for the person carers look after so that carers can take a break - whether they want to go for a walk with a friend, go shopping, to an exercise class, to the hairdressers or doing something at home such as gardening or having a friend over for a cup of tea.**

**The support provided by volunteers can take place alongside any other care and support carers may receive.**

**This is an opportunity to make a real difference to the lives of carers and the people they care for, to meet new people, to use and enhance your existing skills and develop new, transferable skills.**

## More about this volunteer role

The project covers the East Cambridgeshire including Bottisham, Burwell, Ely, Haddenham, Littleport, Soham and Sutton.

Your commitment can be as much or as little as you choose, ideally with a minimum commitment of six months.

Full and comprehensive training will be given as well as regular debriefing and on-going support.

All volunteers need to follow Caring Together's guidance, policies and procedures, and keep up to date and follow COVID-19 guidance.

You will also need to have an enhanced DBS check (cost covered by Caring Together).

If you would like more details about this role, or other volunteering opportunities with Caring Together, please call 01480 499090 or email [volunteers@caringtogether.org](mailto:volunteers@caringtogether.org)

