

Why volunteer with Carers' Resource?

Carers' Resource has involved volunteers since we opened in 1995, but as we grow, so does our need for support. We are now relying more than ever on our growing volunteer team to help us reach and support more carers.

Whether you are based in the office, or out in the community, we work hard to ensure you enjoy your role and get as much out of it as we do.

You'll get a full induction into the organisation as well as role-specific training when you start and there are plenty of opportunities for further training and to try new things throughout the course of your volunteering.

People of all ages volunteer for us for different reasons:

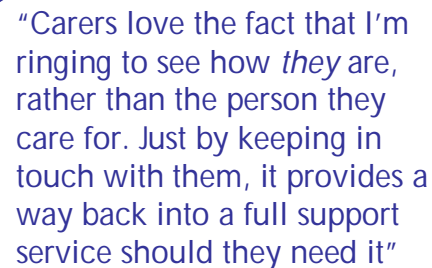
- as experience to get back into work
- to give something back to a worthy cause
- to learn and try something new
- to build confidence and meet new people
- to be part of a team

How can I help Carers' Resource?

Depending on your time available, skills and interests, we hope there will be a role you will thoroughly enjoy as a volunteer.

Admin & Office work: Take referrals, greet visitors, help with newsletter mail outs, collate information packs and other office type work.

Call-a-carer: Telephone support for carers. A friendly phone call is often a lifeline for those isolated by their caring role.



"Carers love the fact that I'm ringing to see how *they* are, rather than the person they care for. Just by keeping in touch with them, it provides a way back into a full support service should they need it"

Group/Activity support: Help provide breaks for carers by supporting lunches, groups, trips and activities – both for adult and young carers.

Family support: Help young families between school and tea time where a carer is involved. Play with children and help parents during this busy time.

Befrienders: One-to-one support for lonely carers, in their home or out in the community. Help raise their confidence, independence and grant them a break from caring.

Oak Tree Project: Be a mentor for isolated, older people. Help them regain their independence to stay engaged with their community and in their own home.

Fundraising & events: Help us raise funds to support more carers by getting involved in our events or choosing us as your charity for sponsorship. You could even form a fundraising group amongst your friends.

Not quite what you thought?

If you have a particular skill you think could help us and/or our clients, then please get in touch. We are always open to new talents and ways to involve volunteers.



About Carers' Resource

Carers' Resource gives tailored support and information to unpaid carers and vulnerable people. It is an independent, award-winning Yorkshire charity which is open to everyone and offers emotional and practical help to enable them to cope.



Becoming a volunteer with Carers' Resource couldn't be easier. Simply get in touch and we'll have a chat about how you might like to be involved.

There's a short form to fill out and because of the sensitive nature of our work, we ask everyone to complete an enhanced CRB check.

All our services are free and confidential.



By telephone:

Harrogate & Ripon areas:
01423 500555

Craven & Airedale areas:
01756 700888

Electronically:

Fill in our online contact form at www.carersresource.org and we'll be in touch as soon as we can.

Simply drop us a line to info@carersresource.org and we'll be in touch as soon as we can.

11 North Park Road,
Harrogate, HG1 5PD
Tel: 01423 500555

The Wheel House,
Broughton Hall Business Park
Skipton, BD23 3AG
Tel: 01756 700888

Community House, 75 Allhallowgate
Ripon, HG4 1LE
Tel: 01765 690222

info@carersresource.org
www.carersresource.org

With many different opportunities for people from all walks of life, you could be part of a growing team helping unpaid carers and vulnerable people in your area.



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