



## Volunteer opportunities at Swaffham Library

Contact: Kathryn Jennings

- tel: 01760 721513
- Email: [kathryn.jennings@norfolk.gov.uk](mailto:kathryn.jennings@norfolk.gov.uk)
- Address: Swaffham Library, The Pightle, Swaffham

Newsletter 5. August 2017

### **Job title: Swaffham Library Friends group volunteers**

**Responsibilities:** We are looking for volunteers to support and develop ideas for library activities, plan and hold fund raising activities to fund special projects/events such as author visits, promote the library within the local community, socialise and have fun!

**Skills needed:** None in particular

**Work times:** As available

**Responsible to:** Kathryn Jennings, Library Manager

**Notes:** Guidance notes on library friends group available.



## Volunteer opportunities for West Norfolk Carers

Contact: Sue McDowell

- tel: 01553 768155
- Email: sue.mcdowell@westnorfolkcarers.org.uk

Newsletter 5. August 2017



**NEW!** West Norfolk Carers launch a pilot scheme in Swaffham to support carers in their homes or at a surgery drop-in.

### **Job title: Carers Buddy**

**Responsibilities:** Working with Carers from age 7 to adult in their own home or out in the community.

Quite often unpaid family carers will continue to care without realising the effects on their own mental and physical health, as well as that of the cared for. They may need a break from their caring role; or for someone to talk to; or a helping hand. This scheme offers emotional and practical support to individual family carers in their home, helping them to continue to care for their loved one.

**Skills needed:** The ability to listen; Enthusiasm; Commitment; Friendly and approachable; Reliability; Willingness to take on the caring role whilst the carer has some "me" time; practical support in the home

**Work times:** Flexible

**Responsible to:**

**Notes:** Free training. On-going support. Training and support sessions  
For more information see the attached leaflet

### **Job title: Carers Champion**

**Responsibilities:** Quite often unpaid family carers will continue to care without realising the effects that it is having on their own mental and physical health as well as that of the cared for. The Carers Champion, based in a regular drop-in facility in Swaffham surgeries on a rota, actively promotes the services available and supports carers in accessing those services at an early stage, thus preventing them from become ill or the people they care from suffering anxiety, depression or fatigue.

**Skills needed:** Just a commitment to raise awareness of unpaid family carers, and the willingness to learn how to promote the role of family carers in the community

**Work times:** As agreed on the rota in surgeries. 2 hours per week.

**Responsible to:**

**Notes:** Free training. On-going support. Training and support sessions  
For more information see the attached leaflet

## Volunteer opportunities for Family Action



Contact: Jo Jacklin

◆ tel: 01760 720302/725801

◆ Email: joanne.jacklin@family-action.org.uk

◆ Address: Swaffham Community Centre, The Campinglands,  
Swaffham PE37 7RB



Newsletter 5. August 2017

### Job title: **Beginners Carpet Bowls volunteer**

**Responsibilities:** This is a new group. The well-established Carpet Bowls Group in Swaffham has agreed that we can use some of their equipment to start a Beginners Group aimed at those who are less able to play competitively or who would like to play but have never played before. Your role would be to help to set up for the session and to support those who attend during the session as some may have additional needs (physical disabilities, mental health problems, dementia)

**Skills needed:** Sensitivity, patience, diplomacy skills and some knowledge of carpet bowls is desirable but not essential

**Work times:** Tuesdays 12.30-2pm

**Responsible to:** Jo Jacklin

**Notes:** Family Action volunteers are asked to complete an application form, provide two references and have a DBC check completed.

## Volunteer opportunities for Family Action



Contact: Jo Jacklin

• tel: 01760 720302/725801

• Email: joanne.jacklin@family-action.org.uk

• Address: Swaffham Community Centre, The Campinglands,  
Swaffham PE37 7RB:



### Job title: **Wellbeing Group**

**Responsibilities:** To support the facilitator to run this weekly group for adults. This is primarily a social group but each week there is a different activity or speaker on a range of subjects. Anyone can come along but the group is run in partnership with West Norfolk Carers and many of those who attend also have physical disabilities or mental health problems or are carers attending with the person they care for. You will be helping to get the room ready and during the session support people to participate, listen and occasionally cover the session with the worker from WN Carers if Jo is on holiday.

**Skills needed:** Sensitive, kind, caring, friendly, sociable and some understanding of dementia, mental illness and the impact that social isolation can have on people's emotional wellbeing would be helpful.

**Work times:** Tuesdays 10-12.30

**Responsible to:** Jo Jacklin

**Notes:** Family Action volunteers are asked to complete an application form, provide two references and have a DBC check completed.