



# Volunteer News



## Delivering more for carers in Sunderland



### VOLUNTEER WITH US

We are looking for people who have a little time to spare



We provide advice & support to unpaid carers in Sunderland. Could you help us offer more?

A few hours of your time could make a BIG difference!

Volunteer recruitment has been going extremely well with 35 volunteers registered with us. Volunteers come from every walk of life including carers and past carers. Although we look for people who can give a few hours of their time, we also welcome those who have a talent, skills or experience that can help us to deliver a better service and more activities to the carers that we support. We are extremely lucky to have volunteers that deliver craft and leisure activities, interest talks and mindfulness sessions.



### Our big news is our successful bid for funds from the National Lottery.

This is for our Within Reach project which matches trained volunteers with carers who are more vulnerable or lonely and isolated.

The volunteers will keep in touch with the carers, offering a listening ear and keeping them 'Within Reach' of our core services. A small number of volunteers have already completed the training and the additional funds will allow us to further build that team.

#### Within Reach Peer Support and Befriending Volunteers

Our Peer Support and Befriending Service will match volunteers with older carers who find it difficult to access support due to their caring role. Volunteers can be their link to the Carers Centre, ensuring support is **Within Reach**.



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## The Carers Centre Garden

Volunteers play an important role in keeping the Carers Centre garden a tidy and welcoming space for carers, young carers and Carer Centre staff.



The Garden Group put in a huge effort, utilizing their skills and experience to maintain this lovely space.

Our volunteers have worked hard this year, particularly in the sensory garden where the transformation has been fantastic.

We are proud of our garden and would like to hold an Open Garden Day next year.

If you are interested in gardening and could offer advice around planning the garden or the open day, your support would be greatly appreciated. Alternatively, if you are a keen gardener and would like to 'potter', then please get in touch to join the Garden Group.

Over the summer, volunteers have been helping us to promote the service and support of the Carers Centre, by spreading the word to the general public through staffing information stands at events.

Three of our volunteers braved a chilly damp day at Hetton Lyons Country Park to share what we do with families attending a fun day.

**If you are good at talking to people and could help us to share with the general public what we do, then give us a call.**



Our volunteer walk leaders have introduced some new routes for the Carers on the Move walks. Walks are held on the 3<sup>rd</sup> Thursday of every month and will explore short walking routes around the City. They take about an hour and are suitable for all fitness levels. Well behaved dogs on a lead are welcome.

Carers on the Move is a way for carers to look after their own wellbeing by joining other carers on a healthy walk where they can chat while strolling.

**For information about volunteering for the Carers Centre and what opportunities are available, please contact the Volunteer Coordinator, Cath Phillipson.**