

We need your help

The British Red Cross needs volunteers to support our carers respite service in the North Wealden district. Can you spare a few hours to volunteer for your local community?

By volunteering to help run this **new** scheme you could make a real difference to your **local** community.



We are looking for volunteers in the North Wealden area who can provide practical support and encouragement to those in need at time of discharge from hospital.

What skills and training do I need?

Ideally you should have good interpersonal skills and an understanding of the differing physical needs of service users. We will provide basic training in social care and first aid which is delivered in a fun and friendly environment.

How much time do I need to offer?

This will depend on the local need for the service and what time you have. If you are concerned about undertaking too much or too little, our volunteering manager will happily discuss the options with you.

How do I apply?

You can apply online at www.redcross.org.uk or alternatively use the contact details on the back of this leaflet and ask the service manager for further details.

“[Your volunteer helped by being] ... generally very kind and understanding. After she had left, I felt quite uplifted—I just felt better.”

Carer using the North Wealden Carers Respite Scheme

For more information on the North Wealden Carers Respite Scheme or to find out about this or other volunteering opportunities in your area please contact:

Julia Alderson
British Red Cross
Unit 7 St Joseph's Business Park
St Joseph's Close
Hove
East Sussex
BN3 7HG
Tel: 0800 5878 929
Fax: 01622 690012
Email: enquirieskentandsussex@redcross.org.uk

Cover image © Jonathan Banks
Inside Images © Layton Thompson (BRC) & Crispin Hughes

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220949) and Scotland (SC037738).

British Red Cross working in partnership with:
East Sussex County Council



North Wealden Carers Respite Scheme



Helping unpaid carers in North Wealden

About the North Wealden Carers Respite Scheme

The British Red Cross provides short-term care and support for unpaid carers in the community, which gives them a chance to have a short break.

This service aims to enhance quality of life by supporting carers and the person they care for. A carer is someone who looks after a relative, friend or neighbour, the care they give is unpaid, and the person they care for is frail or has a physical illness or disability

“I felt so relieved that my husband was in the care of someone I could really trust. He enjoyed the break!”

North Wealden Carers respite user

The service includes:

- > offering companionship / sitting service
- > rebuilding confidence
- > signposting to other support agencies
- > assistance with shopping and meal preparation
- > dog walking/looking after pets
- > support for health visits
- > form filling



How to access the North Wealden Carers Respite

The service is available to new or existing carers and it does not matter in which area, county or country the carer is living.

The North Wealden Carers Respite Scheme accepts referrals from :

- > hospital staff and discharge teams
- > occupational therapists
- > social care
- > individuals, their families and carers
- > other support agencies
- > GP's and community health teams

Referrals can be made by contacting the Carers Respite service on:

0800 5878 929

What happens next?

Initially a member of Red Cross staff will make the first visit to the client. At this point, the particular needs of the client (and family carer if appropriate) will be discussed and a level of service agreed.

Following this, a fully-trained volunteer will contact the client and agree a time for the first visit. The service is available to the client for a period of four to six weeks.