

Like to know more?

If you are interested in volunteering opportunities with CASS and would like more information, please contact us (details on back page).

If you prefer you can fill in your details on the form below and pop it in the post.

Title

Name

Address

Postcode

Telephone no

Email

Date of birth

How would you like us to contact you:

Phone Email Letter

I am interested in the following volunteering opportunities:

Please return this form to:

**VOLUNTEER COORDINATOR
CARERS ASSOCIATION
SOUTHERN STAFFORDSHIRE
SUITE 1A/1B THE WHITEHOUSE
3A CHAPEL STREET
STAFFORD ST16 2BX**

How to contact us

01785 606675

Email: enquiries@carersinformation.org.uk

Address

Suite 1a/1b The Whitehouse
3a Chapel Street
Stafford
ST16 2BX

Website: www.carersinformation.org.uk



CarersAssociationSouthernStaffordshire



@CASSwecare

Carers Association Southern Staffordshire
Company Limited by Guarantee in England and Wales.
Registered No: 4184030
Registered Office:
Suite 1a/1b The Whitehouse
3a Chapel Street
Stafford
ST16 2BX
Registered Charity No: 1086979



CASS is an equal opportunities employer and embraces service user equality and diversity.

Telephone: 01785 222365 (General Office)
Email: enquiries@carersinformation.org.uk
Website: www.carersinformation.org.uk

Volunteering Opportunities

Carers Association Southern Staffordshire



Support informal carers within your local community



Volunteering Opportunities with CASS



Who are CASS?

The Carers Association Southern Staffordshire (CASS) is an independent charity supporting carers of any age who are looking after a relative or friend, who due to illness, disability or the effects of ageing, cannot manage without help.

Why Volunteer?

Volunteering is simple. It's about giving your time for free to do something useful (*we do reimburse expenses*).

In return you get the satisfaction of time and effort well spent. In addition, volunteering can be a great way to meet new people, learn new skills and gain useful experience.

What opportunities are available?

- **Admin Support** - Help with general administrative duties in the main CASS office, such as photocopying, shredding, data input.

- **Office and IT Support**
- **Befriending** - Visiting the carer in their own home on a regular basis to help prevent isolation and to offer support.
- **Telephone Befriending** - Calling lonely and isolated carers on a regular basis.
- **Helpers at Living Well with Dementia Groups** - Help with setting up, meeting and greeting carers and cared for, making drinks.
- **Sitting** - Sitting with the cared for while the carer takes a much needed break, goes shopping or to an appointment.
- **One-off activities** - Raising awareness and promoting the work of CASS, helping with fundraising and promotional activities, and attending local events with promotional materials.

General Information about Volunteering

All volunteers will receive a full induction with on-going support and training.

All volunteers are recruited subject to the satisfactory completion of an application form, interview, references and Disclosure & Barring Service check.

For volunteering opportunities which involve travelling it is necessary for the volunteer to have their own transport with appropriate insurance (if applicable). Out of pocket expenses are reimbursed.

For more information please contact the Volunteer Coordinator (details on back page).