



DO YOU HAVE WHAT WE ARE LOOKING FOR TO VOLUNTEER WITH US?



WE ARE LOOKING FOR:

- Great listening skills and patience
- Available between 9am-4pm, Monday to Friday
- Have access to your own transport or public transport to travel to locations throughout the Solihull Borough
- Enjoy the company of others
- A passion for caring or have been a carer yourself
- Aged 18+ (for insurance purposes)
- Live locally

IN RETURN WE OFFER:

- Full induction and training
- DBS expense costs
- Travel Expenses
- A meaningful experience to enrich your skill set/CV
- Inclusion in the community (particularly with older people)
- To be part of our team
- Flexibility
- Ongoing support in your role
- Our gratitude



FOR FURTHER DETAILS PLEASE CONTACT HELEN :

T 0121 788 1143 **E** centre@solihullcarers.org **W** www.solihullcarers.org



FREE SITTING AND SUPPORT SERVICE FOR ADULT CARERS IN SOLIHULL

Our trained volunteers* will come and sit with the person you care for whilst you take a break and do something for yourself. They will engage in accessible activities like reading, doing a jigsaw, watching TV or to simply watch over them. They can sit for up to three hours every week or as a one-off commitment during the hours of 9am-4pm Monday to Friday.

TO MAKE AN ENQUIRY PLEASE CONTACT HELEN :

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*Our volunteers have enhanced DBS clearance.



**WATCH OUR SHORT VIDEOS ABOUT
BEING AN UNPAID CARER IN SOLIHULL**

**Scan the QR code or visit:
www.solihullcarers.org/videos**

