



## Volunteering at Crossroads Together

### Why volunteer?

Volunteering offers help to people in need, supports charitable organisations and people in your community, however, the benefits can be even greater for you, the volunteer. Finding the right role for you can help you to find friends, connect with your community, learn new skills, and even advance your career.

Volunteering can also help to support your own mental and physical well-being. It can help to reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

At Crossroads Together, we offer a range of volunteering roles at our head office in Congleton or across one of our locations. We provide services in Cheshire, Herefordshire, Greater Manchester, Merseyside and Shropshire.

As a volunteer at Crossroads Together, you will provide support to unpaid carers and the people they care for either directly through our befriending service, or by supporting activity sessions or indirectly through one of our administration roles.

### What is Volunteer Befriending?

Befriending is where volunteers take an active role in providing companionship and support to carers in their local community.

We would love to find more volunteers to offer a friendly face and a listening ear to carers – do you think this might be you?

### Your volunteering role may include:

- Visiting carers in their homes
- Making a regular telephone call to a carer
- Meeting a carer for a social visit in a cafe
- Accompanying a carer to a social activity or supporting them with a shared hobby

## **Volunteering as an Administration Support**

Volunteering in our head office in Congleton or at one of our service locations, providing admin support is a key role which helps us to ensure we offer the best service possible to the carers we support.

### **This role gives you the chance to:**

- gain valuable work experience within the charity sector
- develop your skills, particularly administration and IT skills
- contribute to the work of the Charity

Our offices are open Monday to Friday, from 9am – 5pm. We offer flexible and part-time hours to suit your schedule. For this role we require a commitment of 3 hours each week, for at least 3 months.

## **Volunteering to support activities**

As a volunteer supporting our inclusive social activity groups you will have regular contact with carers and people with and without care needs. These groups are also vital in supporting people that may be lonely or isolated. The groups are run by a skilled activities co-ordinator and supported by a carer support worker.

### **Your volunteering role may include:**

- Welcoming people to the group, particularly new attendees
- Helping people introduce themselves to other people
- Making refreshments
- Supporting someone to take part in a social activity

This is a great opportunity to make a real difference to someone's life along with providing you with an opportunity to help someone whilst making new friends.

## **Volunteering Benefits**

Volunteering has a vast range of benefits including learning new skills, which could help you get back into work or enable you to play an active role in the community.

### **We will offer:**

- A first class induction, training and support along with reimbursement of local travel expenses
- A reference to future prospective employers
- An opportunity to make a real difference to the life of a carer and their loved one
- A chance for you to meet some new people and make new friendships

## **What could you see yourself doing?**

As a charitable organisation, we rely on our volunteers to support our services and enable us to invest more funds to support the health and well-being of our army of carers.

Our volunteers come from all walks of life. What could you see yourself doing?

If you would like to offer your support as a volunteer, please contact us and we can discuss what roles we have available in your area.

We can even offer you a taster session to give you more of an idea of who we are and what you might be doing...

**Contact us today on 0330 124 4526  
or email [volunteer@crossroadstogether.org.uk](mailto:volunteer@crossroadstogether.org.uk)**