


HELP AT HAND

Volunteer services available to support people who are caring for someone in Warwickshire



This bulletin has been produced by CAVA (your local volunteer Centre) and is all about volunteers who can help you. It is aimed at carers who need a helping hand with some of the practical things you don't always have the time or space to sort out. Things like configuring your computer to video call a friend, popping out to the shops, collecting a prescription or sending a parcel.

Did you know that you can call up for a volunteer who is IT savvy to help you get on-line, or request that a volunteer collects your prescription for example? You might even be able to find someone to help you with your housework or garden if you are unable to find the time or space to do these tasks alongside your caring responsibilities. Please read on to find out more....

Please tell us how volunteers can best help you

At CAVA we are trying to identify areas of your lives where volunteers can make the most positive impact, in order to try and develop services with our partners. To help us gauge what's most needed would you please complete a very short form indicating your priorities for help. We will use the results to identify support and to bid for funding for new volunteering projects.

You can access the form on the link here:

[Volunteers for Carers Survey](#)



AbilityNet helps carers of all ages, disabled and older people get the most from their computer, smartphone or tablet. CALL FREE 0800 048 7642

AbilityNet believes in a digital world accessible to all.

The right technology can transform lives. Their network of UK wide volunteers can provide FREE, tailored, 1-2-1 impartial advice and support on technology that could help you. They will work with you to connect you to the internet, connect with other people online, and give you access to essential online services.

Their volunteers also provide specialist advice on adapting technology for those living with vision, hearing, cognitive or motor impairments whether you're disabled or living with a long-term condition.

300 trusted, DBS-checked volunteers

Support for most technical devices in the comfort of your own home

Personalised support, at your own pace

FREE HELPLINE: Freephone 0800 048 7642

EMAIL: enquiries@abilitynet.org.uk

FREE RESOURCES: <https://abilitynet.org.uk>

Follow on Facebook and Twitter
@abilitynet



Practical Help from Volunteers

One of the positives to come out of the last couple of years has been the incredible community spirit generated, with neighbours helping each other all around the County. Some of these groups have evolved into charities and others are still happy to help with practical tasks such as prescription collections or other errands for people who are finding it challenging to get out. The link to the right takes you to a directory of these groups by area. If your caring responsibilities make going out difficult then take a look at the directory to see if there is a group close to you that can help. Click the link....



Practical
Volunteering
Support Directory

Volunteer Drivers can take you or your loved one to a medical appointment

Wherever you live in Warwickshire there is a volunteer car scheme that you can access to take you or your loved one to a medical appointment. These volunteers are available to people of all ages, who have a need to get to a healthcare appointment and for various reasons may struggle to do so independently. This may be because you or the person you are caring for is too unwell or unable to use public transport and you don't have access to a car.



Find your closest volunteer driver here

<https://www.warwickshire.gov.uk/healthtransport>

Time banks

Time banks are a bit different to a conventional model of volunteering. They are based more on the concept of helping each other. If you join a time bank then you can request free support with whatever you need at the time, but you would be required to provide something in return. If you're very short of time then you may need to think creatively about what you could offer whilst still spending time with your loved one. Everyone's situation is different but an example might be offering to dog walk if you already go out for regular walks, and request help with something that you find more difficult such as your garden in return. If you think creatively then time banking could work well for you but it's not for everyone. There are time banks across Warwickshire so you can join one close to where you live.



How does it work?

Joan offers one hour of gardening for David.

Joan then uses her hour gained and requests one hour of ironing back from Lakbir.

Lakbir then uses his hour and requests help from Chris.

Chris then gives an hour of her time to set up online shopping for Lakbir.

David helps Chris with learning the guitar and so on!

How do I join?

Find your nearest timebank: <https://tol2.timebanking.org/time4warwickshire>

If you want to know more, please get in touch with Mick Spicer, Time4Warwickshire coordinator on 01926 738927 or email us at T4WTimebanks@warwickshire.gov.uk

***To discuss any information in this bulletin contact Helen Wilkinson,
Project Co-ordinator - Volunteers for Carers:
helen.wilkinson@wcava.org.uk, Tel 07966380276***



Volunteers for Carers Project receives funding from Warwickshire County Council. For further information on support available through WCC go to their webpage dedicated to carers in Warwickshire <https://www.warwickshire.gov.uk/carers>

WARWICKSHIRE COMMUNITY AND VOLUNTARY ACTION

4&6 Clemens St, Leamington Spa, Warwickshire CV31 2DL Tel: 01926 477512

