



*People Leading  
Aspiring Lives*

## **Care Buddy**

Active Prospects supports people with learning disabilities, physical and mental health needs. We have 8 residential care homes, offering round the clock care for people with complex needs. Care Buddies enhance the lives of people we support by spending time with them in their home, engaging in activities or supporting them when they go out. Volunteers can also support staff in running the service by helping with housekeeping or cooking.

### **Responsibilities**

Supporting people we support to:

- Bake cakes
- Sensory activities
- Reading a book or magazine
- Arts and crafts activities
- Gardening
- Hair and nails
- Having a cup of tea and a chat

### **Skills**

- Caring approach
- Nurturing and enabling
- Calm
- Confident and personable
- Friendly and enthusiastic
- Any specialist schools such as baking, arts, gardening or beauty

### **What we can offer**

- The opportunity to enhance the lives of people with learning disabilities, physical and mental health needs.
- The chance to share your skills and talents
- Training and support to build your skills and experience
- A chance to meet lots of new people
- The opportunity of working as part of a staff or team of dedicated volunteers
- References

### **What we need from you**

Time – whether that is several times a week, weekly or occasionally.