



Volunteer News



Delivering more for carers in Sunderland



Christmas Afternoon Tea

Carer Centre volunteers have been busy helping us to raise funds on the run up to Christmas.

Our first ever Christmas Afternoon Tea was a great success and our volunteers played a big part. They sorted donations and wrapped them for raffles and the Tombola. The tables were brimming with spectacular prizes.

Volunteers also ensured the day ran smoothly by helping to serve the teas and stayed around to clear up afterwards.



Carers Centre Choir

The Dawn Chorus

Singing because we care!

Do you like to sing?

Come along and join the Carers Centre choir!
No auditions and no need to read music.

Tuesdays

10am - 12 noon

All unpaid carers welcome and no singing experience is needed.

We sing because we enjoy it and it's good for us.

Everyone can sing, just turn up, and bring a friend too.

We have been very lucky to have an experienced choir leader, Caroline, offer her time to the Carers Centre. For the last three weeks she has been encouraging and guiding a small group of singers to find their voice. It has been delightful to hear pleasing melodies drift through the Centre each Tuesday morning.

Most of our choir participants came along saying they couldn't sing but Caroline has shown them that together, they can make a lovely sound.

The benefits of singing are well known – support, friendship, learning something new, gaining confidence and it's great for lifting your spirits. Come along and give it a try, we look forward to seeing you.



Fund Raising Bag Pack



The Carers Centre was invited to hold a charity bag pack at Sainsbury's at Silksworth. On the day, Centre staff, young carers and volunteers spent a fun day talking to customers and packing bags.

Our Carer Centre stand was also staffed and customers were given information and advice in store.

The grand total raised on the day was **£1,092.41p**

Our thanks go out to Sainsbury's, their generous customers, and of course the carers and volunteers who helped on the day.

Volunteer Training

A four session volunteer recruitment course is being delivered in partnership with SNCBC's Volunteer and Community Support Worker based at Albany Village Centre, Washington.

This has been in response to the increase in interest in our befriending volunteers who are matched to carers that are experiencing social isolation.

We now have a number of carers waiting to be matched to a volunteer.

Contact the Volunteer Coordinator, Cath Phillipson if you would like more information about volunteering and the opportunities available within Sunderland Carers Centre.



(0191) 549 3768



contactus@sunderlandcarers.co.uk



www.sunderlandcarers.co.uk

Within Reach

Peer Support and Befriending Volunteers

Our Peer Support and Befriending Service will match volunteers with older carers who find it difficult to access support due to their caring role. Volunteers can be their link to the Carers Centre, ensuring support is **Within Reach**.

