

Anam Cara Volunteer Parent

Thank you for considering this role with Anam Cara. Our volunteer parents at the Anam Cara groups give the true meaning to 'Anam Cara' the gaelic words for Soul Friend. For the world you can wear one face for your Anam Cara you can show what is happening in your heart.

The Anam Cara groups are facilitated a professional who is supported a volunteer parent(s). They work together to ensure the group is a comfortable and safe place for everyone on the evening. Anam Cara supports both our professional facilitators and volunteer parents in their role by providing training and self-care workshops at different times throughout the year.

Anam Cara Volunteer Parent

For this role we would recommend you are 2 years on your journey after the death of your child. Although this is still considered early bereavement for parents, having attended the Anam Cara Parent evenings you will recognise how beneficial these events are, providing a safe space where parents can talk to others who understand the many challenges and milestones faced after the death of our child.

You will be supported in your role by the professional facilitator and Anam Cara. This is through the debrief at the end of the parents evening and Anam Cara's training and review workshop. Anam Cara also provides individual reflective practice sessions with a trained professional for all volunteer parents.

Attributes for this Role

The key attribute would be feeling comfortable talking with other bereaved parents sometimes sharing with them what has helped you cope and survive the early years of loss and grief. Understand the importance of self-care and debrief at the end of each meeting with the professional facilitator.

Key Responsibilities of the Role:

- To attend the Anam Cara Parent evening and understand our core values
- To meet and welcome all parents to the meetings, in particular new parents
- Ensure new parents are given the Anam Cara Welcome note
- Open the meeting with a brief introduction, highlighting the core values and finish time.
- Putting parents at ease letting them know they can partake to whatever level they wish, which may be just listening.

Following the Anam Cara Parent Evening

Debrief with the Professional Facilitator addressing any observations and concerns you may have after the evening

Commitment

- Agreeing a roster with the other parent volunteers at your group between September -June each year. If possible support the Anam Cara Bereavement Information Evenings/Celebration of Life events in your area.
- Attend the Anam Cara Self Care Reflective practice session and the training and review workshop provided by Anam Cara throughout the year

For how long do I take on this role?

This is entirely down to you, we would ask our volunteer parents to take this role on for a minimum of 18 months and to step back when you want.

Thank you for your interest in the Anam Cara Volunteer Parent role if you have any questions or would like more information and the application form for this role, please get in touch with Clodagh or Sharon on 01 4045378 or 087 9637790 for more information.