Help us to make life better for carers!
Volunteer roles with Carers UK

Social Media Volunteer

Want to help change carers lives?

The role at a glance...

What is a Social Media Volunteer?
Many carers now use the internet to help them get to grips with the first stages of their caring role, to find out their entitlements and to reach support. As a social media volunteer, you’ll help to spread the message of Carers UK to those who need us most at a time that suits them with social media posts created for you.

What will you get out of it?
You will be there to signpost carers through your social media accounts and to reach those who may not realise they’re caring. With a lot of carers turning to online methods of reaching support it’s a chance for you to give back to your online community without leaving the comfort of your sofa. You’ll have the chance to develop your IT and communication skills along the way and to help with developing our social media posts.

What’s involved?
• You’ll share a selection of Carers UK graphics, articles and news posts from a specially developed online resource pack you’ll receive via email each month.
• You’ll help to signpost carers to Carers UK online.
• You’ll feedback about your social media posts and how valuable people have found them.
• You’ll help to develop future online content packs for volunteers with your feedback and reporting.

The skills you’ll need...
• a good knowledge of at least one social media platform
• access to a computer, tablet or phone with internet access
• excellent online communication skills
• a friendly personality

Interested? Find out how we will support you and how to apply...
Social Media Volunteer

**How we will support you**
As well as the Carers UK volunteering handbook, you will have regular monthly contact with the volunteer team to provide you with support and guidance throughout.

**How to apply**
You can apply for this role at carersuk.org/volunteer. We'll be in touch with details of how you can get started, a welcome pack and your volunteer handbook. You may be invited to carry out a short online test for this role. Successful candidates are required to undertake mandatory training. All volunteers must be over 18 years old. Carers UK offer equal opportunities to everyone who wants to volunteer.

"For me, my role is about giving back to the community who supported me when I needed it."

Carers UK volunteer

**Your time...**
This role is very flexible. You will be required to share the content sent in the monthly Social Media Volunteer email but when you decide to do this is up to you. We do require all of our volunteers to report once a month on their activity.

**Where you'll be volunteering...**
Online. Perfect for volunteering at home.

**Join us on Facebook!**
When you volunteer with us you can become a member of our Facebook Volunteer Group, where you'll get the latest Carers UK volunteering news and campaigns, and you can share your tips and experiences with your fellow volunteers.

**About Carers UK**
Our mission is to make life better for carers.

- We give expert advice, information and support.
- We connect carers so no-one has to care alone.
- We campaign together for lasting change.
- We innovate to find new ways to reach and support carers.

@carersuk /carersuk

Making life better for carers: carersuk.org