Carers Active Online Champion

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

Want to help carers improve their physical activity levels?

Do you love social media?
Keen to help boost carers’ health and wellbeing?

The role at a glance...

What is a Carers Active Online Champion?
Through our research, carers have told us that they want to be more physically active, to improve their health and wellbeing. One of the things that really helps many carers is encouragement from others who understand some of the challenges and barriers of being physically active.

As a Carers Active Online Champion you will engage with carers online to provide encouragement and support. You will help to raise awareness of the benefits of being active, and motivate and inspire carers to try new activities, with assistance from Carers UK.

What will you get out of it?
This role is an opportunity for you to make a big difference to the health and wellbeing of carers by encouraging and supporting them to become more active. You will help create a friendly and supportive community in a private Facebook group and on our members’ forum, and will also develop your own communication skills.

What’s involved?
• Sharing a selection of Carers UK social media posts from a toolkit you’ll receive via email each month
• Supporting carers by directing them to key updates and guidance on the Carers Active Hub and on the members’ forum.
• Start conversations on the Carers Active Facebook group to get people talking and sharing their physical activity achievements and challenges.
• Engage with carers in a positive and friendly way, encouraging them to set goals and try new activities.
• Feed back to us about your social media posts and how carers are responding.

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 to engage and motivate and inspire carers to be more physically active whilst keeping within boundaries and being empathetic and non-judgemental

Interested? Find out how we will support you and how to apply...
**Online Physical Activity Champion**

**How we will support you**
You will have a staff point of contact at Carers UK whilst in your role. You will also receive a monthly email with suggested content for posts.

As well as the Carers UK Volunteering Handbook, you will receive monthly updates from the volunteer team to provide you with support, an invite to the monthly online volunteer meetup and access to the Carers UK Volunteers Facebook group.

**Your time...**
This role is very flexible.

You will receive suggested content in the monthly toolkit, but you'll also have the chance to create and share your own posts. When you post is up to you, we just ask that you use the links provided or let us know how you have shared messaging to help us measure the impact of our social media activities.

**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. All volunteers must be over 18 years old. Carers UK offers 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

**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 volunteers group, where you'll get the latest Carers UK volunteering news and campaigns. You can also share 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