

# Local Awareness Volunteer

Do you like meeting  
new people?

Are you passionate  
about carers?

Want to help change  
carers' lives?



## The role at a glance...

### Q **What is a Local Awareness Volunteer?**

A Local Awareness Volunteer helps Carers UK connect with carers and promote awareness of caring by distributing publicity material – such as leaflets and posters – within local communities.

### Q **What will you get out of it?**

It's a great opportunity to meet new people, spread the word and have the satisfaction of making a real difference to carers' lives in the area where you live. You'll also be part of Carers UK's flagship volunteering programme and we'll be supporting you all the way.

### Q **What's involved?**

- You'll make contact with community hubs and arrange to put up posters or leave information leaflets. Your local supermarket, library, GP surgery, faith group or gym would be a great starting point! We'll give you more tips on how to get started in your Volunteering Pack.
- You'll identify smaller local charities that support people with long term conditions and supply them with Carers UK publicity materials.
- We also require you to keep us informed about what you've been up to, feed your achievements back to us and let us know where you've been distributing materials.

## The skills you'll need...



- a friendly personality
- great communication skills
- the ability to get on well with new people of all ages and backgrounds
- a passion for improving support for carers
- good organisational skills and access to a computer
- the confidence to use your initiative



**Q How we will support you**

We'll give you all the tools you need to get started – your Volunteering Pack will include a Volunteer Handbook plus tips and guidelines on getting out there for the first time. We'll also deliver the publicity materials directly to you, as well as cover your travel expenses.

**Q How to apply**

You can sign up for this role at [carersuk.org/volunteer](http://carersuk.org/volunteer)

We will be in touch within seven working days to discuss your application.

All volunteers must be over 18 years old.

Carers UK offers equal opportunities to everyone who wants to volunteer.

If you have any further questions, please email us at [volunteering@carersuk.org](mailto:volunteering@carersuk.org)

**Your time...**



This role is very flexible.

Our only requirement is that you can offer a **minimum of two hours volunteering a month.**

**Where you'll be volunteering...**



Out and about in your local community.

**“ I became a volunteer to make sure carers get the support they desperately need. ”**

Jacqui, Carers UK volunteer (right)



Be one of the **500**

Volunteers have always been at the heart of Carers UK. 2015 is our 50th Anniversary, and we're launching our national flagship volunteering programme with a call to 'Be one of the 500'.

[carersuk.org/volunteer](http://carersuk.org/volunteer)



**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.

