Help us to make life better for carers.
Volunteer roles with Carers Wales

Insight Volunteer

The role at a glance...

What is an Insight Volunteer?
At Carers UK we are constantly working on shaping services and products to support the millions of carers across the UK and the loved ones they look after. As an Insight Volunteer you’ll share your caring experiences and insights to help us look into new areas of research and develop or evaluate key services and products.

What will you get out of it?
Information is important, but experience is crucial. You will be at the forefront of our service, product, policy and technology research, ensuring we can connect with more carers and make their lives easier. You’ll also be joining our flagship Carers UK volunteering programme and we’ll be supporting you all the way.

What’s involved?
• You will offer the benefit of your experience as a carer to be a ‘critical friend’ to Carers UK. You’ll look at documents, resources and new ideas about developing support.
• You’ll take part in research opportunities, such as completing questionnaires, telephone or face-to-face interviews, or group discussions.
• Providing your responses within a set timeframe and staying in touch via email or telephone

Interested? Find out how we will support you and how to apply...
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**How we will support you**
As well as your handy Volunteer Handbook, you’ll be supported by the Wales volunteer team, we will keep in touch with you to make sure you have up-to-date news and information.

**How to apply**
You can sign up for this role at 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 info@carerwales.org or call 0290 2081 1370.

**Your time...**
This is a flexible role. Some projects may take a matter of minutes, others may require longer commitments. **You can choose which projects you’d like to get involved with.**

**Where you’ll be volunteering...**
Online, on the phone or in person.

**I volunteer because I am passionate about carers and want to make a difference.**

Michael (right)

At **Carers UK**, we are...

- **Attentive**
  - We welcome everyone and are always supportive and ready to help
  - We listen carefully and respond with expertise and understanding

- **Ambitious**
  - We’re courageous and innovative, aiming high and seeking out new ideas and opportunities that take us forward
  - We are always learning and improving, pushing boundaries to increase our impact

- **Achievers**
  - We are passionate about what we do and tenacious in our pursuit of change
  - We adapt to new challenges and are always striving for excellence
  - We love to collaborate and enjoy working with others to reach our goals