

# Workplace Champion



## The role at a glance...

### **Q** What is a Workplace Champion?

You'll promote what and raise awareness of the challenges facing unpaid carers who balance work and caring responsibilities.

Within your workplace, you'll signpost colleagues to relevant information, advice and resources so they may find the most appropriate support. As a 'champion' you'll liaise with colleagues to ensure they're aware of the challenges unpaid caring may bring to those in your place of work.

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

It's a great opportunity to meet new colleagues, develop your organisational skills, get creative and make a real difference to carers lives.

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

- You'll listen and communicate with colleagues.
- You'll display posters and share information with colleagues, signposting those who may be caring to our website.
- You'll be involved with our high profile national awareness campaigns such as Carers Week and Carers Rights Day.
- You'll promote challenge event opportunities and use your people skills to get your colleagues involved.
- You know your workplace better than us, so we'd love you to come up with ideas for events and activities from breakfast clubs to quizzes or hosting an information stand. Let us know your ideas!

## The skills you'll bring...



- a friendly personality
- great communication skills with a knack for motivating people to get involved
- an understanding of what makes your workplace tick
- know the procedures and protocols of your workplace
- the ability to think creatively.

**Interested? Find out how we will support you and how to apply...**

**Q How will we support you?**

- All the tools you'll need to get started are in your Workplace Champion Pack which includes a handbook, tips and guidelines.
- You'll have regular contact with the Carers Wales team and be invited to attend training and information sessions.
- We offer one to one meetings and will always be hand on should you need any information or support.
- We offer 'keeping in touch' sessions for a chance to network and connect with other Workplace Champions.

**Your time...**

This role is very flexible.



**Q How do you apply?**

- You can sign up for this role at [carerswales.org/volunteer](http://carerswales.org/volunteer) or get in touch directly with the Employers for Carers team.
- We'll be in touch within seven working days to discuss your application.
- All volunteers must be over 18 years old.
- Carers Wales offers equal opportunities to everyone who wants to volunteer.

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

In your workplace.



If you have any further questions, please email us at [volunteer@carerswales.org](mailto:volunteer@carerswales.org) or call 029 2081 1370

**“** I became a Workplace Champion as I felt my double caring responsibilities for an adult with Parkinson's and an autistic child could help. **”**

Claire, Carers Wales volunteer



**Our Facebook group**

When you volunteer with us you can become a member of our Facebook Volunteer Group, where you can share your tips and experiences with your fellow volunteers and get the latest volunteer updates from us.

**Follow us on social media**

 @carerswales

 /carerswales

 Carers Wales

**About Carers Wales (part of 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.