

# Carers UK Workplace Champion

Like making a difference  
in your workplace?

Want to get your team  
helping carers?

Want to help change  
carers' lives?



## The role at a glance...

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

One in seven people combine work with caring for a loved one. Many of them don't know where to turn to for help. As a Workplace Champion you are the vital link between Carers UK and your colleagues. You'll spread the word about caring and raise awareness of Carers UK in your workplace. By promoting events and campaigns you'll be able to signpost those looking for support to the services and expert advice on offer.

### 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?**

- By putting up posters and sharing information you'll signpost colleagues who may be caring to our website where they can find support and information.
- You'll publicise our high profile national awareness campaigns such as Carers Week and Carers Rights Day, flag up sporting and challenge event opportunities, and use your people skills to get your colleagues involved.
- You know your office better than we do. We'd love you to come up with ideas for events and activities – from a breakfast club or bake sale to running an information stand or holding a quiz night. Let us know your ideas!

## The skills you'll need...



- A knack for motivating people and getting them involved
- An understanding of what makes your workplace tick
- Knowing the procedures and protocols of your office
- The ability to think creatively
- An interest in making life better for carers



**Q How we will support you**

As well as your Induction and Volunteer Handbook, you can join our Volunteering Facebook Group if you want to, where you can keep up to date with all the latest news and share tips and experiences with your fellow volunteers. You can also use it to contact the Volunteering Team, who will be supporting you all the way.

**Q How to apply**

You can sign up for this role on the Carers UK website.

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 or call 020 7378 4989.

**Your time...**



This is a flexible role. Our only requirement is that you can offer **a minimum of two hours volunteering a month** depending on our campaigns and events.

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



In your workplace.

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

Michael (right)



**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.