



Come volunteer with us: Consultation & Focus Groups

Bring your energy and enthusiasm to help us be the Voice of Carers. Your skills and experience can help support the Carers Network to raise awareness of unpaid Carers in South Lanarkshire.

Our volunteers are key to supporting our organisation including staff, Board members and associated partners. The Volunteer & Carer Coordinator will support each individual volunteer to reach your potential by helping you to identify your skills and match them to the ideal role for you. You will be offered opportunities for training throughout your role.

Your role will include

- Getting involved in Focus group and consultations to influence change for Carers
- Listening to other Carers and sharing your own experience and views
- Gathering these views to feed into focus groups, surveys and consultations
- Seeking out areas of consultation relating to Carers
- Communicating in groups with dignity and respect
- Getting involved in the development of questionnaires/surveys
- Being aware of Carer issues

You will be offer training and support to develop and become confident in this role.

What will you get out of it?

- Something other than your caring role to look forward to
- Being with an enthusiastic team of people who want to make a difference, just like you
- Having a rewarding experience can make a difference to your health and wellbeing
- Being supported in your personal development to upskill in any areas you require to become more confident

How much time should I give?

- We are looking for volunteers who can ideally give a few hours a week or more. This will be flexible around your caring responsibilities, school holidays, work commitments etc.

Volunteers in the Carers Network

Here at the Carers Network, you will work within the organisation's policy guidelines with integrity and professionalism in an environment where we value each other equally and respect each individual's role. As a volunteer you will help the organisation to evolve and respond to change while maintaining excellence and standards through work and relationships.

As a volunteer you are never paid, you are simply reimbursed for out of pocket expenditure in line with our Expenses Policy.

**Apply today by contacting the Networks Volunteer & Carer Coordinator
Jo McIntyre on 01698 285163 or email Jo.mcintyre@slcn.co.uk**