

Insight Volunteer

Do you want to help carers?

Are you happy to share your views?

Want to have a say on future services for carers?



The role at a glance...

Q **Could you be 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.

Q **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.

Q **What's involved?**

- You will offer the benefit of your experience as a carer. You'll look at documents, resources and new ideas about developing support for other carers.
- You'll take part in research opportunities, such as completing questionnaires and telephone or face-to-face interviews.
- You will play a key part in helping to develop our services, products and policies.
- This role is flexible which means you can pick and choose which project you'd like to get involved with. You'll receive a monthly email to notify you about these opportunities.

The skills you'll need...



- experience of caring
- the confidence to express your opinions
- an interest in helping us develop our services, products and policies
- a passion for improving support for carers
- access to a telephone and access to a computer



Q How we will support you

As well as receiving a Carers UK Volunteer Handbook, you may also want to join our Volunteers Facebook Group.

This group provides a fantastic way for volunteers to connect with each other, and share and hear volunteering news and achievements.

How to apply

You can sign up for this role at carersuk.org/volunteer

Q We will be in touch with details once you've sent us 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 or call **020 7378 4989**.

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

”

Michael (right)

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.



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.