

Carers Voice



What is Carers Voice?

- Is a project run by the Carers Centre that campaigns to raise awareness of carers issues and works to change attitudes within health & social care services to improve the experience of carers
- Carers Voice links carers to regional and national campaigns and strategies , it keeps carers informed about local developments in government & health & social care.

How do we do this?

- Carers Voice meets as a group once every 6 weeks so that Reps can share experiences of involvement and learn about new opportunities.
- Carers Voice Reps receive training about 4 times a year to support them in their involvement activities, examples of past training is 'getting your voice heard' & 'interviewing and equalities'



Examples of Carers Voice Activities

- Delivering 'carer awareness' training to students & professionals
- Sitting on citywide policy implementation groups
- Responding to consultations
- Participating in interviews with the media

Why do we do this?

- We believe that carers must be involved in developing solutions to the issues faced by carers
- People with experience of caring are best placed to share what is and isn't working for them in the delivery of services
- Carers sharing their stories has a lasting impact on individuals and is a proven way to improve attitudes and services

Why do services want to involve carers?

- Legislation means that health and social care agencies must develop ways of involving communities in decision making
- There is a recognition that when communities have their say about services, services can be improved in a more meaningful way
- Involving community groups helps strengthen the relationship between services and the community



The Benefits of Carers Voice

“The more you tell your story, the stronger your voice becomes. You listen to what other people are saying and you just want to speak out and change things. Being part of Carers Voice changed me as a person and gave me so much more confidence”

Jane C – Carers Voice Rep since 2004

Benefits Continued...

- Carers Voice Reps often receive a payment for their involvement time
- Carers Voice Reps receive regular training which can help in the future with employment / volunteering
- Carers Voice Reps gain valuable experience through their involvement which can help with both confidence or employment / volunteering opportunities in the future

Things to think about...

- If you are interested in joining Carers Voice you will be asked to fill out a registration form
- This form will ask you what times are best for you and what things particularly interest you, for example, sitting on interview panels, focus groups or media work
- You don't need to have had experience of these in the past as you will be supported throughout and receive training

Things to think about (cont.)...

- If a carer is interested in joining Carers Voice they are welcome to either come along to a meeting or meet up with me before making a decision
- Carers Voice is flexible and realises that at times your caring role means there is no time for other commitments, for this reason you can choose to be more active at certain times and less active at others