

If you are interested in finding out more about how you can volunteer with the Carer Advocacy Service, please contact:

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I would like more information about being a Carers Advocate.

Name: -----

Address: -----

Postcode: -----

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The Aims of the Carer Advocacy Service are:

. . . that by listening and understanding we can work in partnership with carers to empower and support them in their endeavours to find the best possible outcome to their situation.



Volunteering Opportunities with VOCAL Carer Advocacy Service

Could you make a difference to carers' lives? . . . It only takes a little of your time to be a Carer Advocate

Charity Number SCO 20755

What is Carers Advocacy?

The Carer Advocacy Service offers one to one, confidential support to carers. Carers can often find themselves overwhelmed with information, forms and in situations where they could do with a little extra support.

How can the Carer Advocacy Service help carers?

The service recruits and trains volunteers to be advocates for carers. The volunteer Carer Advocate can offer the carer:

- Time to talk through their situation
- Help in deciding what the carer wants
- Help in finding out information

They may also assist by:

- Writing letters on behalf of the carer
- Attending meetings with the carer
- Supporting the carer to speak up or speaking on the carers behalf

Volunteering with the Carer Advocacy Service

Volunteers are usually carers or former carers who want to put their experience to good use. Before they are matched with carers they undergo a comprehensive training course.

It will help to develop and enhance skills and understanding in:

- Advocacy
- Confidentiality
- Listening
- Dealing with difficult situations
- Finding information
- How caring affects carers

There are regular individual support and supervision sessions and group meetings for all trained advocates. These offer the opportunity to meet colleagues for support and further training.

Following successful completion of basic training advocates are matched with a carer.

What kind of people become Carers Advocates?

- People who understand what it means to be a carer
- People who can listen to and understand other people
- People who are open minded

How much time will it take?

After training we expect advocates to offer a couple of hours a week. This can be daytime or during the evenings. All expenses including travel to meetings are paid.

What do advocates get out of volunteering?

- The opportunity to develop their skills
- A sense of satisfaction
- A chance to use their experience
- The opportunity to make a real difference to carers' lives