

# **An introduction to becoming a Carer 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 Carer Champion, you are a link between London Borough of Harrow Council, charities, voluntary organisations, emergency services, unpaid carers, health representatives and others.

You will raise awareness of unpaid carers across the Harrow community.

You will help unpaid carers who are looking for support to find the services and support available across Harrow.

## **What's involved?**

You may be invited to attend carer update meetings.

You could be a part of conversations to further enhance the services and support available for unpaid carers.

You may be able to share carer related information on your web pages, social media or by email.

You may be able to help to publicise high profile national awareness campaigns such as Carers Week and Carers Rights Day.

You may come up with ideas for events and activities across the community where unpaid carers will be recognised and celebrated in all they do.

## **The skills you will need**

A passion for supporting unpaid carers

A knack for motivating people and getting them involved

An understanding of the role of the unpaid carer

A knowledge of what is happening across the community for unpaid carers

The ability to think creatively

An interest in making life better for unpaid carers

## **How will we support you**

By keeping you up to date with what is happening across the Harrow community.

By listening to your ideas and suggestions.

By introducing you to organisations who provide support to unpaid carers to enhance your network.

By providing the publicity / communications to share with unpaid carers and relevant people.

## **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 unpaid carers' lives.

## **How much of your time will you need to dedicate?**

Whatever you are able to commit to raising awareness of unpaid carers and making a difference.

## **Would you like to become a carer champion?**

Email [carer.champions@harrow.gov.uk](mailto:carer.champions@harrow.gov.uk) with name, position and team

**Your contact details will not be shared with others.**