

# Carers Champion

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**“I am extremely honoured to be a volunteer for the MND Association. The most rewarding thing is knowing that I have helped people to access the services, equipment and support they need.”** Jo-Ann, Volunteer

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## What's involved?

Carers Champions will:

- Build up knowledge of the support available for carers in their local area
- Work directly with carers to identify what issues they face
- Signpost staff, volunteers and people affected by MND to available services
- Explain to carers how the MND Association can support them
- Help identify and create opportunities to bring new, existing and past carers together

## This role will suit me if:

- I have good listening skills
- I'm a good communicator
- I'm able to develop and maintain supportive relationships with people affected by MND
- I'm non-judgmental and respectful of diverse lifestyles
- I'm prepared to increase my understanding of MND and its impact on families
- I understand the need for confidentiality and the importance of data protection
- I'm able to assess when extra support is needed

## What's in it for me?

- Become part of a friendly and dedicated team
- Make a positive impact to the lives of people affected by MND
- Get access to a range of workshops and events

## How flexible is the role?

The time required is flexible but we expect Carers Champions to commit to a minimum of 2 hours per week and attend regular events for people affected by MND.

## What sort of training/induction will I receive before starting?

You'll be inducted into the role and informed about the Association. As part of this, you will receive e-learning, face-to-face training and mentoring. The training programme will also include experiential and reflective learning.

## What's the next step?

Express your interest or get further information by emailing [volunteering@mndassociation.org](mailto:volunteering@mndassociation.org) or call us on 03456 044150.

We encourage and welcome applications from all backgrounds and all communities.