



Volunteering

Would you like to volunteer with Carers of East Lothian? We are always keen to hear from people who are interested in volunteering and supporting our work with their time.

There are several different volunteer roles that you could engage with.

Volunteering with us is a great opportunity to:

- + Become a part of our friendly team and meet new people
- + Help to support carers in the local area
- + Gain valuable experience and skills

All volunteers receive a full induction and relevant training, with ongoing support and expenses covered.

We would be delighted to hear from you if you'd like to know more. If you're interested, please contact the Volunteer Coordinator on centre@coel.org.uk or **0131 665 0135**

Befriending Programme

Our Volunteer Befrienders offer weekly telephone support to carers who would benefit from a regular connection with someone who understands their situation.

This may be because they are socially isolated or experiencing loneliness because of their caring role, or they may have limited support networks or people in their lives that understand their caring role.

Through befriending, carers who access support will feel listened to and understood and less lonely and isolated. We hope that the support enhances carers' wellbeing and helps carers to cope better with the challenges that their caring role presents.

We ask befrienders to offer a minimum commitment of six months, but befriending can continue for a year. Full training will be provided as well as ongoing supervision and support from a dedicated Volunteer Coordinator.

If you would like to apply to volunteer as a Befriender or you think it would benefit you to have a Befriender yourself, you can contact our Volunteer Coordinator on centre@coel.org.uk or **0131 665 0135**

Carers' Panel

Are you a carer who would like to lobby for changes to improve the lives of carers and the people they care for? Then maybe joining our Carers' Panel would be of interest to you.

The Carers' Panel exists to strengthen the collective voice of carers in East Lothian. It is a group of carers and former carers who meet regularly (monthly to six weekly) to discuss potential solutions to common problems and comment on service providers proposals. All carers over the age of 18 are welcome, including carers who no longer have an active caring role, or who have been bereaved, but who wish to use their experiences to help others. We are always keen to expand our panel membership to ensure that a wide spectrum of carers needs are represented and considered.

If you would like to hear more, or join our Carers Panel, you can contact our Volunteer Coordinator on centre@coel.org.uk or **0131 665 0135**

Forum for Carers of people with Complex Needs

Are you a Carer to an Adult under 65 or Teenager with Complex Needs? Then we want to hear from you.

We are developing a Day Services Carer Forum to hear your views about the proposed changes to the way services are offered. Do you use the current resource centres? Do you use a community based programme? Is the person you care for unable to access any Day Services for any reason? We are keen to hear about what is going well and what is not going so well and help raise Carers' voices on these issues.

If you would like to give your views or join this forum, you can contact us on centre@coel.org.uk or **0131 665 0135**