

Menu of activities for Carers Champions

We hope that participating volunteers will have more ideas and help expand our menu but as a starting point, here are some ideas.

Desk research

- Building up knowledge of the support available for carers (and past carers) in their local area from the MND Association, public services and other organisations.
- Sharing their research with other volunteers
- **Over time?** Potentially building relationships with other organisations

Information provision and signposting

- Making contact with carers and former carers – e.g. at support and social meetings.
- Signposting them to available services and support.
- In particular, explaining to carers and past carers how the MND Association can support them – e.g. Carers' Grants.
- **Over time?** Gaining a better understanding of the needs of carers and former carers in your area through conversations (including staff and other volunteers) and tools – for example the Carers Alert Thermometer

Growing a local support conversation with carers and former carers (together with local staff and volunteers)

- Promoting local Association support for carers and former carers – e.g. through newsletters/e-mails/social media.
- Identifying opportunities to invite them to a support group, or bring them together at an event?
- Building local online networks for peer support e.g. a Facebook, What's App group or buddy system
- **Over time?** Helping to convene social meetings or one-off activities and treats for them, based on local need?

Empowering and visibility (over time, with help from local staff and volunteers)

- Empowering carers and former carers to make their voice heard and take part in Carers Rights Day, Carers Week or other events