



# Volunteering with Carers Support West Sussex.



**Join us to support carers in your community**



**Carers Support West Sussex** is a charity that helps unpaid carers.

We work with the **council and NHS** to support carers in West Sussex.



Caring can be hard and take a lot of time.

Carers often have little time for themselves.

They can **feel alone and need support.**



Volunteering is a great way to learn **new skills** and **meet new people.**



We will have a **chat about your interests and skills** to see what might be a good role for you.

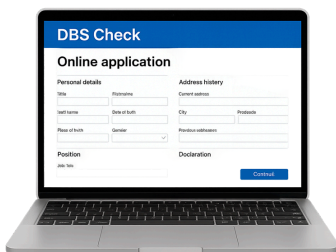


Volunteers help carers get more support from their community.

This makes carers feel less alone and more cared for. **Your help can make a big difference.**



You will need to fill out an application form.



We need two references, and we will do a **DBS check**.

**This helps us keep everyone safe.**



We provide **training** and support.

You will get to join **social events** and an **annual volunteer day**.



We also have a **wellbeing support programme for volunteers.**



We regularly look for volunteer roles like **Group Assistant or Telephone Befriending.**

You can **check our website** to see what we have on offer.



You can also help us **promote** our services.

You can help by **attending events.**



Some carers need **digital support.**

You can help them use the **internet and technology** so they can receive support.



You can be part of a **valued team** and make new friends.



Our volunteers help us meet our goals.

They bring **skills and knowledge** to provide the best service to carers.



With volunteers, we can give better support to unpaid carers.

**Your help is important to us.**



If you are interested in volunteering, you can contact us on:



**Email:**

[volunteering@carerssupport.org.uk](mailto:volunteering@carerssupport.org.uk)

**Website:**

[www.carerssupport.org.uk/volunteer-with-us/](http://www.carerssupport.org.uk/volunteer-with-us/)



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