



Northamptonshire Carers  
Supporting Unpaid Carers

# Supporting Unpaid Carers and those living with long-term health conditions



## VOLUNTEERS NEEDED



### We Need Volunteers

- Who live in Northamptonshire
- Who want to make a difference within their community
- On a monthly or weekly basis days, evenings weekdays or weekends
- Have lived or professional experience or an interest supporting Carers or specific health conditions
- 18 years or older

Northamptonshire Carers provides free support across the county, volunteers help us to meet the needs of individuals and communities.



### Current Roles

- Pumped Up!** Heart health group support
- Adult Carer** Walk & Talk, Wellbeing & information support
- Memory Hub** Dementia group support
- Community Companions** befriending home visits
- Community Companions** telephone befriending
- Young Carers** group & admin support
- DISC** Youth activity/Sport group support

*If you have other skills you would like to share we would be delighted to hear from you*



## Why Join Us ...



### Training and expenses provided

It revives me, I leave with my spirits lifted

I make a difference in my community

I feel valued



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West Northamptonshire Council

Integrated Care Northamptonshire



North Northamptonshire Council

Northamptonshire Carers is a registered Charity No. 1061417