

# Are you a carer?

Would you like to be involved in local health and social care decision making?



**"I want to help other carers have a voice"**



**"I want to make sure the services we use meet our needs"**



**"I want services to 'Think carer'"**



## What is involved?

In the Fife area there are several planning groups which make decisions on local adult health and social care services. We are looking for local carers to join these groups, to make sure our services reflect the needs of carers and the people they care for.



## What skills do carers need to have?

You don't need any specific qualifications. You will need to commit the time to attend meetings and read the meeting papers and then contribute to discussion during meetings.



## Is there support?

There will be three online training sessions done through Zoom, where you will learn more about what is involved and how carers can have a voice. The sessions are an opportunity to find out what's involved and meet other interested carers - there is no commitment to join, so you can attend the training and see what you think. If you decide to get involved, ongoing support will be provided by your local Carers Centre.



## What next?

If you are interested, or want to learn more, please contact:

**Mhairi Lochhead** Fife Carers Centre Manager

**E** [mhairi.lochhead@fifecarers.co.uk](mailto:mhairi.lochhead@fifecarers.co.uk) / **T** 01592 205 472

**Joanna Clark** Fife Voluntary Action

**E** [joanna@fva.org](mailto:joanna@fva.org) / **T** 0800 389 6046



The Coalition of Carers in Scotland is a registered charity no: SC039434

Carers UK is a charity registered in England and Wales (246329) and in Scotland (SC039307) and a company limited by guarantee registered in England and Wales (864097).

**carersnet.org**  
**carerscotland.org**