



## Young Carers Social Media Volunteer

Role Description:	Young Carers Social Media Volunteer
Supported by:	Young Carers Team Lead
Time Commitment:	Flexible – up to 2 hours a week

### The Carers Centre

Established in 1988, the mission of the Carers Centre is to make a positive difference to the lives of thousands of unpaid family and friend carers in Brighton & Hove by encouraging wider recognition of their caring role, offering appropriate support and encouraging self-care.

Our team of dedicated professionals and Volunteers provide a range of services tailored to meet carers' diverse needs. From respite and emotional support to guidance on navigating complex healthcare systems, our goal is to ease the impact of caring on each person's social and emotional wellbeing.

The Carers Centre provides a range of activities and groups for Young Carers, including school holiday activities, creative workshops or our term-term after-school session. These activities give Young Carers the opportunity to take a break from their caring role, build up their confidence and socialise with other Young Carers. One-to-one support is available to Young Carers with complex needs.

### Overview

We are seeking an enthusiastic Volunteer to support the Young Carers team to increase its online presence and engagement through creative, and meaningful social media activity across platforms such as Facebook, Instagram, and LinkedIn.

An induction, training on carer awareness and other relevant trainings will be provided.

### The role is likely to include

- Helping to schedule and draft a few social media posts a week
- Share and update activities about the Young Carers service
- Publicise events – like the Young Carers Photography exhibition
- Spotlight Young Carers Stories
- Engage in a way that you find meaningful!

### We welcome



People from all backgrounds and experience levels! If you are curious about the role, please get in touch. Support and guidance will be provided. Don't worry if this is new to you – we are a kind and supportive team!

As a Disability Confident Committed organisation, we're also happy to provide information in accessible formats and offer adjustments to support you through the volunteer application process.

### **Time Commitment**

Around 2 hours per week, at times that work for you. Can be office based or remote work

### **Support you will receive**

- Regular support from the Young Carers Team Lead
- Regular support and check-ins from the Volunteer Coordinator

### **Benefits of Volunteering**

- A chance to contribute meaningfully to improving the lives of Young Carers
- Support from Young Carers Project Lead and Volunteer Coordinator
- Training where needed

### **Practical Considerations**

- Volunteers will be asked to provide 2 references
- There will be a brief interview followed by an induction session. The induction will cover Carer Awareness Training, Volunteer Policies and considerations of the role
- A DBS check will be required for the role. The Carers Centre will cover the DBS cost
- To ensure our volunteer team is as diverse as possible, the Carers Centre cover expenses relating to volunteering up to an agreed amount

If this sounds like the role for you, please fill out this short expression of interest form and we will be in touch [Social Media Volunteer Role – Fill in form](#)

If you have any other questions, please be in touch with [lara.andrews@thecarerscentre.org](mailto:lara.andrews@thecarerscentre.org)