

What our Volunteers say

“I am **very happy** with the match, becoming part of the family. The carer appreciates the 3 hrs I give as he has not had a break for many months.”

“It’s the **best bit** of my week we have such a **laugh** together.”

“I am able to go out without worrying and I am **really grateful** for the support.”

“My Volunteer is a genuine **lovely lady** who always has time for me.”



ASSOCIATION OF
carers
- SUPPORTING UNPAID CARERS -

Ways to contact us

For more information or to apply for one of our roles, please get in touch.



01424 722 309



info@associationofcarers.org.uk



Association of Carers
104 Sedlescombe Road North
St Leonards on Sea, TN37 7EN



www.associationofcarers.org.uk

Registered
Charity
1159551



East Sussex
County Council

Scan for application
form and more info:



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Become a Volunteer.
Make a big difference
to an unpaid Carer's life.

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What is an Unpaid Carer?

An unpaid Carer is someone who provides support to relatives, friends or neighbours who couldn't manage without them.

About the Association of Carers

Established in 1987, The Association of Carers provides FREE, Volunteer-led support services to unpaid Carers throughout East Sussex.

-  We understand how important it is for unpaid Carers to preserve their own health and wellbeing whilst they care for those they love.
-  Our services are FREE and aim to encourage independence and reduce isolation.
-  None of our services would be free if it wasn't for our fantastic team of Volunteers donating their time.

How you can help

We have various Volunteering opportunities available and will always work around what you have to offer. Some of our roles can start from as little as 3 hours per month.



Befriending with Respite

Spending up to 3 hours each week with the person with support needs, giving the Carer the opportunity to have some time to themselves.



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Computer help at home

Helping Carers to use their own technology in ways to enhance their wellbeing.



Talk & Support

Providing Carers with a regular opportunity to offload and chat in confidence over the telephone.



Driving

Helping Volunteers that are unable to drive to their Volunteering role, or helping the person with support needs attend day services.



Fundraising and Events

Helping us to run events and promote the charity.



No personal care



All expenses paid



No experience needed



FREE training given

Apply to be a Volunteer today 