

## ARE YOU AN UNPAID CARER?

### We're looking for...

- men who live anywhere in Manchester
  - North Manchester residents of any gender
- ...to join our Lived Experience Panel**

By joining, you'll share power with professionals and use your expertise to help shape services which impact carers.

\*See reverse for FAQs about compensation, eligibility, and more.



☎ 0161 834 6069 [ext. 1133]

✉ [LivedExperience@carersmanchester.org.uk](mailto:LivedExperience@carersmanchester.org.uk)

## **What does joining the Lived Experience Panel involve?**

If you're interested, get in touch and we'll have an initial chat. Then you can join our email list to hear about upcoming opportunities and decide if these suit you. The opportunities will range from one-off meetings to projects with meetings over several weeks or months. The meetings will be either in-person in Manchester, or online.

## **Who is eligible?**

You must be aged 18 or over, and live or care for someone in the Manchester City Council area. Right now we are specifically recruiting male carers, and carers based in the North.

## **What do you mean by unpaid carer?**

Someone who supports a relative, partner or friend, and does not get paid for it, but might get benefits. A carer doesn't always live with the person they care for, or care for them full-time. If you feel you are a carer you can take part.

## **What if I speak another language or have accessibility needs?**

Let us know your support needs; we will try our best to accommodate you.

## **Will I get paid for being a Lived Experience Rep?**

Yes, you'll get vouchers or payment at £15 per hour and travel expenses will be covered. Please note, there will not be payment for attending the initial info sessions.

## **When do I need to sign up?**

This is an ongoing opportunity with no deadline.

## **How do I sign up?**

See contact details on reverse.

## **What if I need other information and support as a carer?**

Visit [carersmanchester.org.uk](http://carersmanchester.org.uk), or phone The Contact Point on 0161 543 8000.