

## About Carers Voice Somerset

Working together to improve the lives of carers in Somerset

Carers Voice Somerset is an influencing body concerned with improving the lives of unpaid carers in Somerset. It is made up of carers and representatives of organisations and agencies which have a stake in supporting carers in the county.

Carers Voice Somerset brings together carers, local providers, County Council and CCG commissioners.



### What does Carers Voice Somerset do?

Members of Carers Voice Somerset work together to:

- Ensure that carers are listened to
- Raise awareness of the caring role.
- Make recommendations on the joint development of health, social care and related services.
- Contribute to the planning, development and review of carers services.
- Exchange ideas, skills and the sharing of good practice in developing support and services for carers.
- Work together as a team to identify creative solutions

### What are the meetings like?

Carers Voice Somerset meet four times a year at locations across Somerset.

Meetings aim to be solution focused, forward thinking and provide an environment that is conducive to listening, creative thinking and innovation. Members encourage and support each other to contribute and work together as a team. The meeting is divided into two parts as follows:

#### Carers Meeting

10.00am — 11.00am

This meeting provides the opportunity for carer members to consider the issues raised by carers in relation to the meeting agenda. It allows time to discuss and identify solutions that can then be passed up to the main meeting for action as needed.

#### Main meeting

11.15am — 1.00pm

All Carers Voice Somerset members get together to discuss agenda items and agree actions. Occasionally meetings may be extended.

#### More information:

**If you are interested in joining Carers Voice Somerset or would like further information please contact:**

# About Carers Voice Somerset Vision Groups

## Why have a Vision Group?

We are aware that due to the demands of caring roles it is not always practical for carers to attend meetings. We also know that some carers may find speaking out in large groups difficult and so we are offering other ways for carers to have their say. For these reasons we are setting up “Vision Groups” across the county.



## What does a Vision Group do?

Vision Groups contribute to the work of Carers Voice Somerset by working together to:

- Discuss specific topics that have been agreed by Carers Voice Somerset
- Explore carer’s needs in relation to the set topics
- Think creatively
- Identify potential solutions

## What are the meetings like?

Vision Groups can take place in local halls, cafes or other venues or can be conducted by telephone, email or letter.

A Vision Group may also be conducted as part of a Carers Support Group .

Vision Groups encourage creative thought and ways of working i.e. you might like to communicate your views through pictures, music or dance.



## More information:

**If you are interested in joining or running a Vision Group, or would like further information please contact:**

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