



# STIRLING CARERS CENTRE

EMPOWERING • INCLUSIVE • ACCOUNTABLE

## BOARD RECRUITMENT INFORMATION PACK

### WHO ARE WE?

Stirling Carers Centre is the only charity dedicated to supporting unpaid Carers in the Stirling Council area.

The Centre has been operating for nearly 30 years, and has grown and developed to a team of 18 staff. We provide support to around 1300 unpaid Carers annually, registering an average of around 400 new Carers every year.

Our vision is that Unpaid Carers in the Stirling district are empowered and supported in their caring roles. Carers' voices will shape our services, and should feed into local and national policy and decision-making.

### WHO IS AN UNPAID CARER?

An unpaid Carer is someone who provides care, unpaid, for a family member or friend who, due to illness, frailty, disability, mental health condition or addiction, could not manage without support.

### KEY FACTS ABOUT UNPAID CARERS\*

- 17% of the adult population in Scotland are Carers
- Every year over 160,000 people become Carers
- 3 out of 5 of us will be a Carer at some point in our lives
- 80% of Carers say their health is worse because of caring
- Over half of Carers are struggling to make ends meet, cutting back on food and heating as a result.

\*Source: Carers Scotland, Facts & Figures



### WHO DO WE SUPPORT?

Stirling Carers Centre provides free and confidential advice, information and support services for Carers aged 7+.

We currently have over 1800 Carers registered with the Centre. Of those:

- **87%** care over 20 hrs per week
- **35%** care for over 50 hrs per week
- **54%** have been caring for more than 5 years
- **8%** have multiple caring roles
- **18%** come from the top 20% of SIMD areas
- **31%** come from rural areas with limited access to services
- **12%** are aged 17 and under
- **28%** are aged 65+

### WHAT DO WE DO?

We provide a range of tailored support, with Carers able to access whichever services meet their needs. The key support we offer is:

#### 1:1 Support

In person, phone or virtual support appointments provide emotional and practical

**"The help and support provided made a big difference to my caring role as the pressure has been lifted, reducing my stress considerably. My health and wellbeing has improved."**  
(Adult Carer feedback, 2021)

support including benefits checks, assistance with forms, basic advocacy with health and social work services, and referral to specialist support services where relevant.

### Adult Carer Support Plans/Young Carers Statements

This is a conversation between the Carer and a Support Officer which helps to identify areas where a Carer may need support. Our Carer Support team then works with the Carer to put in place the support they need, referring on to social work services where critical need is identified. In the case of Young Carers the plan is also shared with schools to allow support to be put in place in the educational environment.



Young Adult Carers Group

### Short Breaks Activities

We run a full programme of events and activities to give Carers time out from their caring role including coffee mornings; themed evening sessions; dedicated groups for male, young adult, young and rural Carers; walking group; book group; yoga and relaxation sessions; and complementary therapies.

We also have Stirling Carers' Garden, a project which seeks to improve Carer well-being by providing opportunities to spend time outdoors.

### Awareness Raising & Training

Our team delivers 'Carer Aware' training to a range of partners including schools, local authority & health board, and both nursing and social work students, to raise awareness of Carers and highlight best practice for support.

### Young Adult Carers Service

Our Young Adult Carers service provides dedicated support for Carers aged 18-25, offering advice and information on employment and further education to support them during this transitional phase in their lives. We also run a monthly Young Adult Carers short breaks group to help reduce isolation.

### Young Carers Service

Our Young Carers service works with around 150 Young Carers from the age of 7 until they leave school. We provide a range of services including intensive 1:1 support blocks for high need cases, age appropriate community and school based group support, and respite trips.

Our dedicated Young Carers Education Officer works closely with local primary and secondary schools to support and resource our network of 'Young Carer Co-ordinators' to promote early intervention.



Young Carers Residential Trip

## ABOUT THE ROLE

Board members work alongside our Chair, Vice Chair and Treasurer to oversee and support our CEO, Colleen McGregor, to deliver on our Business Plan 2020-25 and provide strategic direction to the organisation.

Our Board currently comprises eight Directors with a wide range of diverse knowledge and experience. We are looking to expand this knowledge base to include Directors with

**"You are amazing - can't thank you all enough for everything you do for my daughter and all the support for me. The help has been immense through lockdown"** (Parent of a Young Carer, 2020)

experience in HR and Communications in particular, however we welcome applications from anyone who feels they can bring relevant skills to the Board and take Stirling Carers Centre to the next stage in its development. Experience and understanding of the Statutory, Third and Health Sectors in general is preferable, though not essential as full training will be provided to all new Directors during their induction.

The Stirling Carers Centre staff team and wider community of Carers have a diverse range of backgrounds, and widening access and inclusion is central to our current business planning and development. We therefore welcome applications to the Board from protected characteristic individuals who have lived experience of barriers to access or discrimination.

In addition to supporting the statutory governance requirements as set out in the Companies Act 2006 and Charities and Trustee Investment (Scotland) Act 2005, Directors will be invited to contribute their unique skills through contributions to short life working groups, sub-groups, and ad-hoc development work as they arise.

## TERMS & CONDITIONS

### Hours

20 hours per annum for scheduled meetings, plus discretionary input.

### Reporting to

Chair/Vice-Chair

### Salary

This role is unpaid, however incurred expenses will be refunded.

### Location

Meetings take place at Stirling Carers Centre, Stirling. Remote participation available.



## HOW TO APPLY

Please email your current CV and a cover letter, outlining your skills and experience, and your reasons for applying for the role to our Chair, David Khan, at [chair@stirlingcarers.co.uk](mailto:chair@stirlingcarers.co.uk).

There is no deadline for applying and all applications/interviews will be treated on a rolling basis.

If you wish to discuss any aspect of the role in an informal meeting to learn more about Stirling Carers Centre in advance of applying, then please do not hesitate to contact Colleen McGregor, CEO, on 07585 800259 or email [colleen.mcgregor@stirlingcarers.co.uk](mailto:colleen.mcgregor@stirlingcarers.co.uk).

## FURTHER INFORMATION

Further information about Stirling Carers Centre can be found on our website: [www.stirlingcarers.co.uk](http://www.stirlingcarers.co.uk).

- ▶ [Business Plan 2020-25 \(Summary\)](#)
- ▶ [Annual Report](#)
- ▶ [Service Evaluation](#)
- ▶ [Carers Connection magazine](#)

**"I cannot praise Stirling Carers Centre enough – all the help has been invaluable to me and helped immensely, and you were only a phone call away when I was at my most vulnerable... massive thank you!"** (Adult Carer feedback, 2020)