

**Are you a Black or Ethnic Minority adult carer? If so, we want to hear from you!**

### **What is this project about?**

We recognise that the needs of carers from different ethnic backgrounds may vary. Our project wants to uncover experiences and understand awareness and access to carer support, information, and services for Black and Ethnic Minority carers. By sharing your experiences, and speaking to other carers, you can help us identify the strategies and solutions that will enable Black and Ethnic Minority carers receive the best possible support.<sup>1</sup>

### **How will we carry out this project?**

We're excited to partner with Black and Ethnic Minority carers as **co-researchers** in this project. As experts by experience, you'll bring unique perspectives that are essential to its success. Our co-researchers will be fully involved in the design, delivery, and development of the project. We'll work together to develop research questions, identify data collection methods, and analyse the results. Your contributions will be valued and respected and you will be paid for your time, skills, and expertise.

### **Who can be a co-researcher?**

Co-researchers must be:

- An adult carer<sup>2</sup>
- From a Black or ethnic minority background

### **What will co-researchers do?**

Co-researchers will:

- Contribute to the design and development of the project.
- Find and speak to other Black and ethnic minority carers to understand awareness of support and services.
- Contribute to the analysis and presentations of the findings.

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<sup>1</sup> Healthwatch Greenwich has been commissioned by the Royal Borough of Greenwich to carry out this project.

<sup>2</sup> A carer is someone who looks after or gives any help or support to a family member, friend or neighbour because of long term physical disability, mental ill-health or problems related to old age. The care they give is unpaid.

- Take part in training and support sessions.

Co-researchers will take part in up to **8 days** of involvement work **spread across a number of days between June and September 2023**.

### How much will co-researchers be paid?

Co-researchers will receive **£15/hour**. Hourly payment includes all additional expenses involved in taking part in this project, such as care costs, childcare payments, telephone, and travel costs.

### What training will co-researchers receive?

We understand that taking on the role of co-researcher can be a big responsibility, and we want to make sure you feel fully supported. You'll receive training on a range of topics, including research skills, safeguarding, health and safety, lone working, equality and diversity, and data protection and confidentiality.

### How else will co-researchers benefit?

We believe that being a co-researcher is not just about contributing to important research, but also personal and professional development. As a co-researcher, you'll have the opportunity to:

- Use your existing skills and knowledge and develop new ones
- Add valuable experience to your CV that demonstrates your ability to work collaboratively and contribute to meaningful projects.
- Explore the possibility of a career in research or related fields.
- Build confidence and enhance your communication and interpersonal skills.
- Contribute to improving the quality of support available to carers
- Meet and connect with new people, building valuable networks

### How do I apply?

If you're interested, we'll ask you to complete a short application and talk to us in a friendly interview. Please contact Jahan at [jahan@healthwatchgreenwich.co.uk](mailto:jahan@healthwatchgreenwich.co.uk) or on **07498 851 221**.

**Please note**, we are recruiting on a rolling basis, so do apply as soon as possible.