

Carer Voice

Speaking up for change.

Have your say

Speak out

Get involved



Have your say

What you can do

- Fill out surveys on issues that affect you as a carer
- Give feedback (good or bad) to the Care Quality Commission or your local Healthwatch about health or social care services
- Make a complaint or raise an issue with a service provider

What carers have already done

- Signed petitions eg about Carers Allowance
- Filled in the Carers in Bedfordshire *2025 Carers survey*
- Complained to their council social care department
- Used a survey to campaign for adult SEND play equipment

What Carers in Bedfordshire does to help carers use their voice

- Advise carers about consultation opportunities
- Give you a safe space to connect with other carers using their voice
- Encourage service providers to listen to carers and follow best practice



Speak out

What you can do

- Contact your elected representatives - MP, councillors, Mayor
- Share your story - raise awareness with professionals and public
- Media ambassador - talk about your experience to the press, local radio, online forums

What carers have already done

- Talked to Parliamentary candidates about support for carers
- Invited their local MP to a meeting with carers
- Spoken to a mental health forum about being a young carer in the 1980s

What Carers in Bedfordshire does to help carers use their voice

- Connect you to your local MP and councillors
- Share opportunities with you that match your interests
- Work with you on how best to present your experience and to support your wellbeing as you speak up for the carer community



Get involved

What you can do

- Take up a place on a health service working group
- Join your local Healthwatch or Patient Participation Group at your GP practice
- Join a movement like the Patients Association

What carers have already done

- Become active members of the local parent carers forum
- Been appointed as a public governor of the local mental health trust
- Joined the Carers in Bedfordshire Carers Panel, an advisory group to the trustees

What Carers in Bedfordshire does to help carers use their voice

- Seek out opportunities to sit at the table with commissioners and service providers at an operational and strategy level
- Support you in those roles, sharing carer insights and data

Interested? Contact carol.solaiman@carersinbeds.org.uk tel 0300 111 1919