

## VOLUNTEER WITH US AND HELP IMPROVE HEALTH AND SOCIAL CARE IN WALES

Want to be part of an organisation  
with purpose and passion?

### Why volunteer with us?

- develop your skills
- great addition to your CV
- make a positive difference
- expenses paid
- flexible activities





Llais is the **national, independent body** set up to give the people of Wales a say in their health and social care services.

### **The opportunity**

We're looking for volunteers from all our diverse communities to gather people's views and experiences of health and social care.

Volunteers are a vital part of our service and we don't just thank you for giving your free time. We provide training, a variety of interesting roles and flexible arrangements to suit you.





## The roles

### **Online feedback collector**

Collecting people's experiences of health and social care services via online forums, review sites, social media and formal consultations – this works well if you want to work from home.

### **Visiting volunteer**

You'll meet people or their families/carers online or in person at health and social care settings on pre-arranged visits to understand what they like and what could be better.

### **Community engagement volunteer**

You'll join a local Llais team to meet people online and face-to-face out and about in the community to capture their views and experiences of local health and social care services.

### **Representation volunteer**

You'll attend meetings and events on behalf of Llais, putting forward our viewpoint when required, make notes of the meeting and feeding back relevant information.





## Be part of something important

We're here to make sure people's views and experiences help to make health and social care services better for everyone.

To find out more about Llais and how you can get involved in improving health and social care in Wales with us, please contact your local Llais team or visit **[www.llaiswales.org](http://www.llaiswales.org)**

If you would like this publication in an alternative format and/or language, please contact us.

You can also download it from our website or get in touch to ask for a copy.



# YOUR LOCAL LLAIS TEAM

## Cardiff and Vale of Glamorgan

Covering Cardiff and the  
Vale of Glamorgan.

**Tel:** 029 2075 0112

**Email:** cardiffandvaleenquiries@  
llaiscymru.org

## Cwm Taf Morgannwg

Covering Bridgend, Rhondda  
Cynon Taf and Merthyr Tydfil.

**Tel:** 01443 405830

**Email:** cwmtafmorgannwg  
enquiries@llaiscymru.org

## Gwent

Covering Newport, Caerphilly,  
Blaenau Gwent, Monmouthshire  
and Torfaen.

**Tel:** 01633 838516

**Email:** gwentenquiries@  
llaiscymru.org

## Neath Port Talbot and Swansea

Covering Neath Port Talbot  
and Swansea.

**Tel:** 01639 683490

**Email:** nptandswansea  
enquiries@llaiscymru.org

## North Wales

Covering Flintshire, Denbighshire,  
Wrexham, Conwy, Anglesey  
and Gwynedd.

**Tel:** 01978 356178 / 01248 679284

**Email:** northwalesenquiries@  
llaiscymru.org

## Powys

Covering Montgomeryshire,  
Brecknockshire and Radnorshire.

**Tel:** 01874 624206 / 01686 627632

**Email:** powysenquiries@  
llaiscymru.org

## West Wales

Covering Pembrokeshire,  
Carmarthenshire and Ceredigion.

**Tel:** 01646 697610

**Email:** westwalesenquiries@  
llaiscymru.org

This leaflet is also available in Welsh.

We welcome calls and correspondence  
in Welsh. If you write to us in Welsh we will  
respond to you in Welsh, and this will not  
lead to a delay.



Eich llais mewn iechyd | Your voice in health  
a gofal cymdeithasol | and social care