# Sue White

Carer Support & Outreach Worker



My husband and I moved to Selsey from Hampshire in 2005, our main aim being to spend more time together instead of working long hours often away from home. I worked in the Commercial Sector and my husband was a self employed builder. We settled into a lovely house in Church Road which my husband renovated and I started working part-time at Checkatrade. As we did'nt know anyone in Selsey I decided to offer my services as a volunteer and came across the Charity called Selsey Carers Support. I became a trustee, my main duties being to organise fund raising events, suchas car boot sales plus activities for our members, including trips out to places of interest, summer tea parties, Christmas lunches etc... I did this for over 13 years and thoroughly enjoyed meeting the voluntary Carers in the community and generally socialising with the people of Selsey, I have met a lot of lovely people and have many friends. Two years ago Checkatrade was sold and relocated to Portsmouth, something I chose not to do. At that time I was delighted to be asked if I would work for the Selsey Community Forum Charity 20 hours a week, I jumped at the chance and took on the role of Carer Support & Outreach worker. My main responsibilities being to listen and support people who care for others voluntarily, working with the Carer offering information, guidance, emotional support and access to other services. Seek new Carers by word of mouth, literature, social media, events and partnerships. Help reduce social isolation through regular social interactive groups, events and outings and provide a regular and proactive telephone call service, checking on the Carers wellbeing. As a volunteer I organise and run the Selsey Car Boot Sales, run stalls at different fundraising events, pickup and deliver prescriptions/shopping as a buddy and administer/collect the money due under the shopping reimbursement fund. I love working in the Care Shop alongside my colleagues and volunteers without whom we could not function as effectively.