



Personal Assistants... come together!

- Are you a Personal Assistant working in the care and support sector?
- Would you find it helpful to meet up with other Personal Assistants in your area?
- Would you benefit from sharing thoughts about your job and the challenges?
- Would you like to discover better ways of working?

You're not alone

Making new contacts, forming new friendships and increasing your network of Personal Assistants is the same as having colleagues if you work in an office, shop or factory.

A few good things about staying in touch

Once you've taken the first step and met with other Personal Assistants, you can continue to...

- Swap ideas and tips on how to best support the people you work for
- Offer support and guidance to each other on how to perform daily tasks
- Share details of local activities your employer might enjoy
- Create new chances to socialise for you and your employer

The Care to Co-operate team at the Wales Co-operative Centre can help you link up with other Personal Assistants. If things take off, we can even help your group become a co-operative.

Co-operative groups of Personal Assistants are the future!

The Care to Co-operate team at the Wales Co-operative Centre have spoken to Personal Assistants who think being part of a co-operative could be a good thing.



1. You can give your group a name and tell people in your local community that you are here to provide care and support – whether they use Direct Payments or their own money.

How will this help you? Hopefully it will lead to more hours of employment as some employers only require support for a few days or hours each week.

2. Personal Assistants, just like everyone else, take holidays, are unwell, and have families. Being part of a co-operative means that your employer doesn't go without good quality care and support whilst you're away. Other Personal Assistants in your co-operative group can step in.

How will this help you? It is comforting to know that your employer is happy whilst you are away as they are receiving the support they need.



3. Celebrate the good times with other Personal Assistants and lean on their help in the challenging times – learn from each other. You can provide training for other Personal Assistants in your group and together maintain a high level of quality support. Together you can shout about your services.

How will this help you? Your group will be known for its quality of service, skills and experience. If anyone in the local community wants to employ a Personal Assistant they will be knocking on your door!

4. You can invite your employers to meet with your group of Personal Assistants on a regular basis to chat about the service you provide. You can exchange information in a meeting that includes many people sharing ideas.

How will this help you? You will feel satisfaction knowing that the best care and support is provided when people come together. You'll benefit from a wider pool of ideas and experience.



Here's what one care worker thinks: *"Being a co-operative in the care sector is amazing - it gives everyone a voice. We're supporting people how they want to be supported, how they have told us what they want to do, what's important to them, giving them independence."*

Cartrefi Cymru Co-operative employee

We're here to help so get in touch

Our Care to Co-operate team wants to work with you. We believe co-operative groups of Personal Assistants are good for everyone. Please call us on **0300 111 5050**, email at care@wales.coop or tweet us [@WalesCoOpCentre](https://twitter.com/WalesCoOpCentre)

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