

The impact of volunteering on the volunteer: findings from a peer support programme for family carers of people with dementia

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Word Count: 4968 excluding abstract, acknowledgements, references and tables

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Acknowledgements

- The Carer Supporter Programme (ISRCTN37956201) was part of the SHIELD Programme (RP-PG-0606-1083) funded by the National Institute for Health Research.
- The SHIELD Programme grant holders were Professor Martin Orrell (UCL/ NELFT), Dr Georgina Charlesworth (UCL/ NELFT), Professor Bob Woods (Bangor), Professor David Challis (Manchester), Professor Ian Russell (Swansea), Professor Esme Moniz-Cook (Hull) and Professor Martin Knapp (LSE).
- For the Carer Supporter Programme, Site Principal Investigators were Georgina Charlesworth (North East London NHS Foundation Trust), Sue Rey (Northamptonshire Healthcare NHS Foundation Trust), Fiona Poland (University of East Anglia for the Norfolk & Waveney Mental Health NHS Foundation Trust site), Margaret Fox (University of East Anglia) and Gwen Bonner (Berkshire Healthcare NHS Foundation Trust). The following voluntary organisations were also involved in the Carer Supporter programme: In North East London; Age Concern Havering, Redbridge Respite Care Association, Carers of Barking and Dagenham, and Waltham Forest Carers Association: In Norfolk; Age UK Norfolk.