

Arthritis UK

Volunteer Role Profile

Self-Management Volunteer

Time Commitment: Flexible, each course is 5 to 6 weeks for 2.5 hours per week plus time for training and reflective practice

Staff Contact: Regional Officer

How you will make a difference

At Arthritis UK, we believe everyone should have the support and information they need to live well. Our self-management courses empower people with arthritis, chronic pain, and musculoskeletal (MSK) conditions by supporting them to manage their condition better and improve their confidence.

As a Self-Management Volunteer, you'll be working with a team to deliver this course and transform the lives of people with arthritis.

What you will be doing

- Work as part of a team to prepare and deliver self-management sessions
- Assist with session planning, delivery and follow up tasks
- Undertake routine courses administration e.g. registers of attendance
- Present to diverse audiences in a friendly, informative and engaging way
- Provide a welcoming, inclusive and supportive environment
- Participate in regular review of the course to inform future development
- Ensure safeguarding procedures are followed.

Where you will be doing it

- Face to face session in community settings e.g. community halls, libraries, hospitals
- Online sessions using Microsoft Teams or Zoom.

Who we are looking for

You don't need to be an expert, just passionate, reliable, and willing to learn!

- Personal experience of arthritis or another long-term condition
- Caring, sensitive, and empathetic to people from all backgrounds
- Good communication skills
- Good IT skills with reliable internet access
- Reliable and committed
- Willing to complete training and work as part of a team
- 18 years or over.

What you will get in return

- Training and induction to prepare you for your role
- Access to ongoing training, resources and support
- Opportunities to connect and network with other volunteers
- Develop and enhance your skills
- Reimbursement of reasonable expenses
- Opportunity to make a difference to people with arthritis.

Important Information

Arthritis UK is committed to protecting children, young people, and vulnerable adults from harm. As part of our recruitment process, we follow safer recruitment practices and carry out the necessary checks to ensure candidates are suitable to volunteer with these groups. Completion of safeguarding training will also be required at the start of your volunteering.

For this role, our safer recruitment procedures include:

- An informal chat to discuss the role, get to know you and understand your motivations for volunteering
- Two references
- An enhanced criminal record check – adult workforce (PVG – adult workforce in Scotland). This requires three identification documents e.g. passport, driving licence and formal document with your address
- Photo identification.

Ready to join us?

We'd love to hear from you!

Let's **make a difference together.**



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