

Arthritis UK

Volunteer Role Profile

Physical Activity Leader Volunteer

Time Commitment: Flexible - each session is 45 to 90 minutes, 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 physical activity sessions empower people, including people with arthritis, chronic pain, and musculoskeletal (MSK) conditions by supporting them to move more and to manage their condition with confidence. As a Physical Activity Volunteer, you'll play a vital role in delivering engaging, supportive Physical Activity sessions that change lives.

What you will be doing

- Lead safe and engaging physical activity sessions for people of all abilities, particularly adults who are or have been inactive and who live with arthritis or a related condition
- Deliver to diverse audiences in a friendly, engaging way
- Support participants to understand and agree to the health and safety statement and take registers of attendance
- Provide a welcoming, supportive environment for all attendees
- Session planning, delivery, and follow-up tasks
- Ensure safeguarding procedures are followed.

Where you will be doing it

- Face to face in your local community.

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 and comfortable speaking to groups
- 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 before you can start 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
- Photo identification.

Ready to join us?

We'd love to hear from you!

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

