

# Arthritis UK

## Volunteer Role Profile

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### Navigating Arthritis Volunteer

Make a difference your way. Choose activities that work with your interests, skills and commitments.

**Staff Contact:** Regional Officer

### How you will make a difference

Living with arthritis can feel isolating, and many people don't know where to turn. As a Navigating Arthritis Volunteer, you'll connect people in your community to information and support that can make a real difference.

### What you will be doing - *One role, three ways to contribute.*

Stick to one activity you love, or mix it up - your choice, your pace.

- 1. Chat and share** - Time commitment: 2-4 hours per event
  - Host information tables at community events.
  - Keep leaflet displays fresh at local venues, such as GP surgeries, community centres etc.
  - Chat with people about available support.
- 2. Connect locally** - Time commitment: 1-2 hours per organisation/month
  - Connect with community organisations and share information about Arthritis UK in ways that feel relevant and useful to each setting.
  - Get to know the needs, interests and challenges of local communities and feed those back to us.
  - Let us know about community organisations who might want to get more involved with Arthritis UK.
- 3. Give short talks** - Time commitment: 1-2 hours per talk

- Give short talks to community organisations using our ready-made materials.
- Answer questions and signpost to services.
- Let organisation leaders know about the opportunities we have to get more involved with Arthritis UK.
- Time commitment: 1–2 hours per talk.

### **Where you will be doing it**

- Face to face session in community settings e.g. community halls, libraries, hospitals.

### **Who we are looking for**

- People who want to make a difference for people with arthritis.
- People who enjoy meeting people and starting conversations.
- People who are happy working independently and as part of a team.
- People who can travel to events or community organisations in your area.

### **What you will get in return**

- A warm welcome and thorough induction.
- Training on Arthritis UK services and signposting.
- All materials and resources you need.
- A dedicated staff contact and quarterly check-ins.
- Monthly peer support sessions.
- Expenses reimbursed (travel etc.).
- Regular updates and recognition for your impact.

### **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
- Photo identification.

### **Ready to join us?**

We would love to hear from you!

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



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