

Arthritis UK

Volunteer Role Profile

Youth Contact Volunteer

Time Commitment: Two face-to-face and two online meetings a year (travel and overnight stays throughout the UK may be involved)

Staff Contact: Young People and Families Manager

How you will make a difference

Arthritis UK is here to make sure that people with arthritis have the support and information they need to live well with their condition. You will be supporting the Young People and Families service to develop and provide support and self-management activities for young people living with arthritis. You will co-lead events, residential and workshops with the aim of reducing the isolation many young people with arthritis feel, building their confidence and supporting them to better manage their condition.

What you will be doing

- Supporting events such as activity weekends, training, planning sessions and family days for children and young people aged up to 25 years.
- Taking part in and leading workshops to increase children and young people's knowledge and skills to self-manage
- Developing information and resources about how arthritis affects young people
- Shaping and sharing our Young People and Families service offer.

Where you will be doing it

- Face to face across Scotland, Northern Ireland, England and Wales as well as online sessions.

Who we are looking for

- You don't need to be an expert, just passionate, reliable, inquisitive and willing to learn!
- Personal experience of arthritis or a rheumatic condition.
- Is enthusiastic about creating positive change
- Team player who can listen and respect the views of others
- Caring, sensitive, and empathetic to people from all backgrounds.
- Is a great relationship builder
- Good communication skills
- Is sensitive to individual needs and understand that everyone's experience of arthritis is different
- Reliable and committed to the role
- Aged over 16 and under 30 at time of application.

What you will get in return

- Training and induction to prepare you for your role plus access to wider training opportunities
- Access to resources and ongoing support from a named member of staff
- Opportunities to connect, network and make friends with other volunteers
- Develop and enhance your skills
- References for your personal development
- Reimbursement of reasonable expenses
- Opportunity to make a difference to young people living 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 – including Child with regulated activity or Protection of Vulnerable Groups scheme in Scotland. This requires three identification documents e.g. Passport, driving licence and formal documentation 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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