

Arthritis UK

Volunteer Role Profile

Parent Contact Volunteer

Time Commitment: A minimum of two activities plus training and planning sessions per year

Staff Contact: Young People and Families Manager / a member of the young people and families' staff

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 provide information and support to other parents and carers of young people (under 24) living with arthritis.

What you will be doing

- Contributing to, and attending training events, family days and meetings run by the Young People's and Families service.
- Empowering parents by giving them information and support that suits their situation without telling them what you think they should do.
- Developing information and resources about how arthritis affects children and young people
- Attending workshops to increase knowledge and skills of working with young people and families, self-management and rheumatic conditions.
- Raising awareness of the service with other families

Where you will be doing it

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

Who we are looking for

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

- Parent, carer or close friend of a child with arthritis or a related condition such as lupus.
- Positive role model for other parents
- 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
- Can commit to the philosophy of self-management or can demonstrate willingness and commitment to learning and developing those skills and behaviours.

What you will get in return

- Access to ongoing training, resources and support
- Opportunities to connect, network and make friends
- 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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