

Volunteering essentials

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Thank you for your interest in joining Parkinson's UK's volunteer team. Volunteers started the organisation in 1969 and are still central to the charity today. Roles vary from photography and campaigning to educating and fundraising. If you join our team, we will aim to provide a rewarding and worthwhile experience for you. All Parkinson's UK volunteers must be aged 18 or over.

Volunteer Role Description

Volunteer role

Activity Volunteer - Exercise

Location

Swindon & District Branch

Time commitment

To be decided

What the role involves

As an activity volunteer, you may do any of the following relating to Swindon & District Branch of Parkinson's UK exercise classes. You will be present at the agreed session to help it run smoothly and be a point of contact for the people with Parkinson's that are attending. In this role you will not be delivering the session but supporting the facilitator. Activities run by Parkinson's UK ensure that people with Parkinson's have access to the things that they want and need to take control.

As an activity volunteer you may do any of the following:

- research and promote exercise activities suitable for people with Parkinson's in the area
- support the person leading the session so that it takes place on a set day and time, keeps to time and that those attending are warmly welcomed
- liaise with the chosen venue effectively, for example making block room bookings, ensuring the room is set up appropriately, ensuring everyone who wants to access the venue can do so, and clearing away
- provide updates and feedback to relevant Parkinson's UK staff members

about how the activity is going

- take bookings (and possibly payment) for the activity and keep a register
- store and set out equipment

What you could get out of volunteering

As an activity volunteer, you will:

- gain considerably from meeting new people and forging friendships and connections in your area
- enable those affected by Parkinson's to access support in their area
- gain experience in the activity that you are providing
- do something useful and meaningful for your community
- learn about the work of a major health charity, and be an important part of the wider Parkinson's UK network

What we're looking for and why

In order to fulfil this role, you will:

- have excellent communication skills and a friendly attitude, as you will be working with a wide range of people
- be patient and empathetic, in order to deal with sensitive issues and needs
- be willing to listen and respond tactfully to the views and feedback of others, ensuring that it is shared with Parkinson's UK staff when appropriate
- be motivated and reliable, with strong organisational skills in order to ensure the activities run smoothly
- be able to share and uphold the vision and values of Parkinson's UK
- either have knowledge of Parkinson's, or a willingness to learn more about it
- commitment to the benefits of exercise
- knowledge of social media and IT skills to promote exercise
- knowledge of location and facilities - eg toilets / shower / changing room

Training and support provided

Volunteer role description form

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You will receive an induction to Parkinson's UK covering a range of topics to help you learn more about Parkinson's, the charity and the practicalities of volunteering.

Ongoing contact and any additional support you need will be provided throughout your role by Parkinson's UK staff.

References

We ask volunteers to provide details of a referee for some of our volunteer roles. This is to help us confirm the identity of our volunteers and to build up a better understanding of them.

Does this role require a reference? Yes No

Volunteer expenses

We believe that no Parkinson's UK volunteer should find themselves out of pocket because of expenses incurred when carrying out their volunteering activities on our behalf. As a volunteer you can claim out-of-pocket expenses in line with Parkinson's UK's Volunteer Expenses Policy.

Criminal record checks

Some of our volunteer roles are classed as regulated activities supporting vulnerable people, and volunteers applying for these roles will be asked to undertake a criminal records check. This is at no cost to the volunteer. Your Parkinson's UK staff contact will provide you with further information on this process.

Does this role require a criminal records check? Yes No

Have you any questions?

If you would like some more information or have any questions about this role, please contact the Volunteering team on **volunteering@parkinsons.org.uk** or telephone **020 7963 9328**. You can also visit our website **parkinsons.org.uk/volunteer**.

Thank you for your interest in volunteering as part of our team!

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