

# Versus Arthritis

## Volunteer Role Description

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- Role title:** Physical Activity Volunteer.
- Staff contact:** Regional Officer/Service Coordinator.
- Location:** Physical activity groups are delivered flexibly in a variety of formats including community venues and online.
- Time commitment:** Frequency will depend on how often the group meets. Approximately 4-6 hours per month including supervision, support, and volunteer networking events.

### How you will make a difference

Versus Arthritis is here to make sure that people with arthritis have the support and information they need to live well with their condition.

It's natural to want to avoid movement and physical activity when experiencing the pain of arthritis. But not being active can do harm, as our bodies are designed to move. Exercise can improve the symptoms of arthritis, keeping joints mobile, strong, and helping to reduce pain. Physical activity can also help boost mental health and reduce the risks from other conditions.

Physical Activity Volunteers are part of a network of people who understand how movement can transform the lives of people with arthritis and volunteer their time to provide supported and accessible activity in their local area or online, helping to support people living with arthritis to get active and stay active.

### We are looking for someone who

- Has an understanding of arthritis and/or the impact of long-term health conditions.

- Appreciates the benefits of physical activity when living with arthritis and can enthusiastically share this with others.
- Is committed to completing the specified physical activity training programme in person or online and demonstrate learning through assessment.
- Can communicate well.
- With training, is confident to run a physical activity group, acting where needed, for the purposes of safety and inclusion.
- Is able to be punctual, reliable and committed.
- Is over the age of 18.
- Is caring, sensitive and empathetic to all people regardless of their age, gender, sexual orientation, disability, ethnic origin, faith and culture.
- Can support and empower adults experiencing arthritis without giving advice.
- Is confident, positive and enthusiastic.

### **What you will be doing**

- Leading 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 related condition.
- Planning and organising activities with the support of the Regional Officer/Service Coordinator.
- Help promote the activities to encourage new participants.
- Support participants to understand and agree to the health and safety statement and take registers of attendance.
- Act where necessary to ensure a safe and inclusive environment.
- Report any safeguarding matters quickly and appropriately as per guidance.

### **What we ask of you**

- Follow all relevant Versus Arthritis' policies and abide by our values and behaviours.

- You will need access to a telephone and or a device with access to the internet for us to stay connected with you.
- Help us to collect and submit relevant information such as a register of attendance, which supports our feedback to funders, charity commission and fundraising regulator.
- Work with the relevant staff to ensure that delivery standards are maintained and undertake continued training and support sessions where appropriate.

## **Practicalities**

- You will speak to a staff contact to talk through the role and agree if this is the role for you.
- This role will bring you into contact with vulnerable adults and is subject to safer recruitment practices therefore we will ask you to provide the names of two people, one of which must have known you for at least two years, who can offer a reference for you; this could be a colleague or a friend but not a family member.
- To support safe recruitment, you will be asked to undertake an identity check and the appropriate level of criminal record disclosure screening: **This role involves working with vulnerable adults and will require the volunteer to have an Enhanced Criminal Record Check, dependant on nation specific requirements and guidelines.**

## **Before you begin**

- You will be required to complete the organisation induction and all mandatory training for the role.

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

- Accredited training specific to the activity you will deliver.
- First Aid qualification where necessary.
- Ongoing support and supervision from a named member of staff who will support you with practical guidance and help you to deliver a successful activity.

- Training, resources and support to confidently understand and report safeguarding issues.
  - Reimbursement for reasonable out of pocket expenses (see the expenses policy).
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## **Safeguarding and Criminal Record Check**

Versus Arthritis is committed to keeping children, young people and vulnerable adults safe from harm. During the recruitment process we will undertake safer recruitment practices and relevant checks to ensure applicants are suitable to work with children, young people and vulnerable adults.

This role DOES require a Criminal Record check.

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