

Versus Arthritis

Volunteer Role Description

Role title:	Self-Management Training Volunteer.
Staff contact:	Regional Officer.
Location:	A community-based venue or online.
Time commitment:	Each course is 2 ½ hours each week for 5 to 6 weeks dependent on course type. A continued commitment will allow time for assessments, development, supervision and support for you to confidently fulfil this role and gain the greatest experience from it.

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. We know how much strength it takes to live with arthritis, chronic pain and MSK Conditions. Our peer-led self-management programmes are designed to support people to manage their condition better and improve their confidence. The programmes can give people the tools they need to feel empowered, take back some control and to push back against arthritis.

As a Self-Management Training Volunteer, you will be working with a team to deliver this course and transform the lives of people with arthritis.

We are looking for someone who

- Has personal of arthritis or another long-term health condition.
- Has effective communication skills.
- Is willing to complete accredited training and deliver facilitated sessions as part of a team supporting people with self-management.
- Is reliable and committed to participating in the continued development of the self-management programme.

- 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.
- Is confident, positive and enthusiastic.

What you will be doing

- With the support of your team, prepare for and deliver self-management courses alongside another Training volunteer.
- Participate in regular reviews of the course to inform the future development.
- Completing routine administration before, during and after each course including personal data relating to participants.
- Report any safeguarding matters quickly and appropriately as per guidance.

What we ask of you

- Follow Versus Arthritis' Volunteering and Involvement, Confidentiality and Data Protection policies and act within 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.
- Means to travel to agreed venue for course delivery.
- 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 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

- Induction into your role.
- Accredited Train the Trainer Qualification.
- First Aid qualification where necessary.
- Training to understand and deliver Self-Management Courses, including all resources.
- Training, resources and support to confidently understand and report safeguarding issues.
- Access to ongoing support and supervision.
- Reimbursement for reasonable out of pocket expenses (see the expenses policy).

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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