

Volunteer Role Profile

Volunteer Role

Online Host Volunteer

Volunteer Manager

First Steps Programme Manager

Where you will be based

Home

Why we want you

Navigating the complexities of a Parkinson's diagnosis can be a transformative experience.

As an Online Host Volunteer, you'll be part of a team that understands this deeply.

Your role is to share your journey and provide a listening ear, offering comfort and guidance through our virtual support sessions.

Together with a group of up to twelve, including individuals with Parkinson's and their supporters, you'll facilitate a space for sharing, learning, and connection during our First Steps and Welcome sessions, with additional opportunities to contribute.

What you will be doing

- **Facilitate Group Sessions:** Lead or co-lead diverse online support sessions, such as the three-part First Steps series and Welcome sessions, providing a structured and supportive environment.
- **Engage Participants:** Foster open dialogue, facilitate the sharing of questions and personal stories, and ensure an inclusive and respectful atmosphere for all participants.
- **Maintain Structure:** Follow the established program schedule, including regular breaks, to support participant comfort and engagement.
- **Share Personal Insights:** Use your experience with Parkinson's to offer insights and strategies, enriching the group's shared knowledge and sense of community.
- **Connect Beyond Sessions:** Encourage participants to build ongoing connections, enhancing the support network available to them outside of the formal program.

The skills you need

- Access to a device with a webcam and a stable internet connection.
- Ability to access digital program materials and utilise volunteer support systems.
- Willingness to engage in rehearsal run-throughs, catch-up calls, training, and to facilitate at least 4 sessions per year.

- Empathy, effective communication skills, and a commitment to supporting others living with Parkinson's.

What's in it for you

- You'll meet new people, connecting with people living with Parkinson's across the UK.
- You'll be supporting people affected by Parkinson's, knowing that thanks to you people know what support and information is available to them and have started to take those first steps to living well with Parkinson's.
- We'll support you to learn more about Parkinson's UK, and you'll be able to develop your facilitation and communication skills.

Disclaimer

• Complete an online induction to volunteering at Parkinson's UK. You can complete this from home at your own pace; it should take no more than 2 hours. • Attend a one-hour video conference introduction to the Online Host programme. • Attend a one-hour video conference introduction to Zoom. There will be regular opportunities throughout your time as a volunteer for coaching and Q&As with your fellow hosts, programme trainers, and your staff contact.

This role involves handling personal/sensitive information about people affected by Parkinson's with care and in accordance with the GDPR 2018. Your training includes support on confidentiality and data protection.