

# Volunteer Role Profile

Volunteer Role

**Physical Activity Champion**

Volunteer Manager

**Staff Contact**

Where you will be based

**Community**

## Why we want you

Do you love being active? Why not use your passion and enthusiasm to inform other people where they can become physically active and what the benefits are?

You may live with Parkinson's yourself, love someone who does or have another interest or connection to Parkinson's disease.

## What you will be doing

- With the support of the Staff Contact and our Physical Activity Team you will do the following
- Present a prepared physical activity talk to professionals, local Parkinson's UK support group attendees and volunteers both in person and online.
- Seek out and run information stands at relevant health and well being events.
- Link with your local Everyone Active Centre, Pure Gym and other leisure centre providers to ensure that we are linked up to share information about physical activity.
- Keep abreast of new local physical activities and ensure that your staff contact knows about these.
- Champion physical activity to people with Parkinson's and the Parkinson's community.

## The skills you need

- A passionate approach to the values of Parkinson's UK and working together to improve the lives of everyone affected by Parkinson's
- Be physically active or understand the importance of physical activity for those living with Parkinson's.
- Good communication skills, public speaking skills and confidence to talk to an audience about physical activity.
- Access to a computer and good IT and record keeping skills.
- The ability to listen to and respect the views of others, and to collaborate when making decisions.
- A willingness to travel within an agreed local area to attend meetings and give talks.

## **What's in it for you**

- Working closely with your local Parkinson's UK Team, volunteers and community
- Know that you are helping to inform people of the importance of being physically active.
- 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.