



Your Volunteering Counts! Become a Diabetes Support Group Volunteer

Help people with a learning disability and autistic people to look after their health - in partnership with Diabetes UK.

About the project:

We are looking for confident volunteers to help at a support group for people who have or are at risk of diabetes.

Volunteers who are happy to help:

- ✓ to organise activities for the group e.g. walks, recipe planning, healthy eating advice, try new sports.
- ✓ with practical tasks at sessions, such as reading, writing & communication.
- ✓ to learn new travel routes on public transport.
- ✓ people with lived experience, who wish to volunteer.
- ✓ with general group support & social chats.

What we will offer you:

- ✓ friendly & supportive experience.
- ✓ personal & professional development.
- ✓ training & certificates.
- ✓ references after 3 months.

This is a rewarding way to make a difference to people's lives.

Our ideal volunteers:

- ✓ have a friendly & positive outlook.
- ✓ have good communication & listening skills.
- ✓ are kind, helpful & caring.
- ✓ are passionate about making a difference to the lives of others.
- ✓ experience of diabetes desirable, but not essential as training will be given.

An enhanced DBS check & 2 references are required to volunteer for this role.

When: 1st Monday and Thursday monthly.

Where: South Shields and Gateshead.



Diabetes group volunteer Jodie says:

"I like meeting different people who've got diabetes and sharing recipes and showing people what I've made".

For more information, please contact us on **0191 478 6472** or **volunteers@yvc.org.uk**.

Please visit our website **www.yvc.org.uk** to make an enquiry.