



YOUR VOLUNTEERING COUNTS!!

Become a Type 2 Diabetes Support Group Volunteer

Make a difference! Helping people with a learning disability and/or autistic people to gain support for Type 2 Diabetes with support from Diabetes UK.

ABOUT THE PROJECT:

We are looking for volunteers to help our participants who have or are at risk of Type 2 Diabetes run a support group.

WHAT WE ARE LOOKING FOR:

Volunteers who are happy to:

- ✓ help organise activities for the group.
- ✓ help with practical tasks at sessions, such as writing, reading and communication.
- ✓ possibly help to learn new travel routes.
- ✓ helping participants who wish to volunteer, and run the support group.

This is a rewarding way to help people get advice and tips on how to look after their own health. Examples of activities at sessions:

- ✓ going for walks or trying out different sports
- ✓ learning about healthy eating, trying new foods/recipes
- ✓ workshop about ways to look after your health eg smoking, alcohol.
- ✓ general support and chats

OUR IDEAL VOLUNTEERS:

We would love to hear from people who:

- ✓ have a friendly & positive outlook.
- ✓ are open to talking to people.
- ✓ have good communication & listening skills.
- ✓ are kind, helpful & caring.
- ✓ are passionate about making a difference to the lives of others.
- ✓ are confident in a 1 to 1 & group setting.

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

WHAT WE WILL OFFER YOU:

- ✓ friendly & supportive experience.
- ✓ 1 to 1 personalised support.
- ✓ meet other volunteers and people.
- ✓ training & certificates.
- ✓ endorsement on LinkedIn.
- ✓ references after 3-6 months volunteering (discretion of YVC).

WHEN: monthly – 1st Monday of every month, 2nd Monday on a Bank Holiday

WHERE: Haven Leisure Centre, South Shields, Jarrow and Boldon and Gateshead.

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

Or visit our website: **www.yvc.org.uk** for an application form.