**Volunteer Application form**

**Name:**

**Address:**

**E-mail address:**

**Contact telephone Numbers:**

Home:

Mobile:

**Experience:**

Please tell us about your experiences which you think may be relevant to volunteering with Diabetes UK. These can include current volunteering, past volunteering and work experiences.

**Volunteering Opportunities you are interested in:**

(Please tick up to 3). In thinking about those you select please consider the skills you already have. We will be aiming to offer training but at this time we are trying to establish an initial database of volunteers who have some skills, knowledge and experience which we can draw on quickly.

** Area Liaison Volunteers -** We are looking for self starters who will go out and get volunteers to spread the word and offer support to existing volunteers.

** Events Volunteers -** Help to plan and run our events or lend assistance on the day.

** Roadshow Volunteers -** Located across Scotland – You will be involved in assessing individual’s risk of developing Type 2 diabetes and promoting our Measure Up roadshows to the public.

** Office Volunteers -** Based in our Glasgow Office, if you have office skills you can share then we’d love to hear from you.

** NHS Engagement Task Force -** We are looking for people who can engage with their local health board and make sure the interests of people living with diabetes are articulated.

** Public Affairs Task Force -** Based across Scotland you will help Diabetes UK lobby politicians to improve diabetes care.

** Media Task Force -** We are looking for people who can be the local media voice of Diabetes UK. Having access to a telephone and the internet are essential.

** Choices programme -** Help to roll out a project to promote the use of the patient-held record.

** Fundraising Task Force -** A wide range of activities are on offer including organising local events; office work; recruiting other volunteers; cheering on runners in marathons and finding new locations for our textile recycling banks; take part in the big challenges.

** Distribution Volunteers -** Distributing information packs to local places such as clinics, libraries and chemists so the general public can be more aware of diabetes and Diabetes UK

** Speaker Scheme** Shout it out! - Diabetes UK gets lots of request for speakers in schools and community organisations. This is a great opportunity to pass on your experience about having diabetes, to raise awareness of diabetes and to promote the work of Diabetes UK. You will also find opportunities across Scotland where people want to know about the condition.

** Committee Skills training -** Want to help other voluntary groups who need help? Got skills you can help them with? Why not offer?

**How much time would you be able to offer as a volunteer with Diabetes UK Scotland?**

 Up to 1 hour a week  Up to 3 hours a week

 Up to 1 hour a month  Up to 3 hours a month

 Up to 1 hour a year  Up to 3 hours a year

 **I can be flexible ask me when the opportunity arises?**

How far would you be able to travel when volunteering with Diabetes UK Scotland? We re-imburse expenses for both travel and subsistence when volunteering with us.

**** In my local area

**** I would travel up to 20 miles

**** I am flexible please ask me

**Sometimes we need volunteers to stay away from home for one or two nights:**

**** I am unable to stay away from home

**** I may be able to stay away from home please ask

As this is the first time we have asked for information such as this from volunteers we may need to come back to you for clarification on the information you have supplied. I hope this will not inconvenience you.

Thank you for taking the time to complete this application. Your details will not be shared with anyone outside Diabetes UK

**Please return this form to:** Honor Shaw, Volunteer Development Support Officer, Diabetes UK Scotland, 349 Bath Street, Glasgow, G2 4AA e-mail honor.shaw@diabetes.org.uk