

# Type 1 events

Family Weekender



**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

What to expect when  
you volunteer as a  
healthcare professional



## **Type 1 Events are a unique volunteering opportunity and we want to make your experience as rewarding as possible.**

Volunteering at one of our events isn't just helping out, it's life changing for the families involved – and fun. Take a look below to get a feel for what you can expect as a volunteer.

### **What's my role as a healthcare professional (HCP) volunteer?**

Our events could not happen without healthcare professionals like you volunteering to be a part of the HCP team.

Your role is to support the children and young people (from 0–17 years) with their diabetes management when they are away from their parents doing fun activities. This can include, for example, insulin dose adjustment, carbohydrate counting or treating hypos.

You'll be fully supported by our experienced lead HCP. When you aren't busy with clinical care you'll be able to join in with the weekend's activities.

Your team will usually consist of around eight children of a similar age and up to six volunteers, both HCP and general volunteers.

## What will I be doing during the weekend?

Our weekends include physical activities such as rock climbing or archery, led by qualified staff. Your role here will be to supervise the children's diabetes care and overall wellbeing. At other times, there will be arts and crafts as well as bowling and other games, where you will be welcome to get fully involved. There's always something fun going on.



Children under the age of five are part of the crèche and have a different activity programme to the rest of the event. You'll only be asked to volunteer as part of the crèche if you've let us know that you're happy working with this age group on your application form.

## What will my team be like?

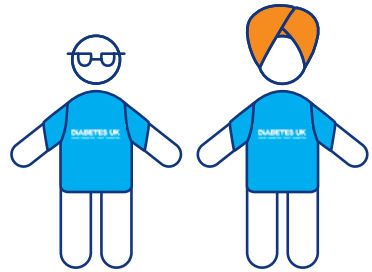
Your team will be a mix of HCP and general volunteers who are living with Type 1 diabetes themselves or have a family member or close friend with Type 1. We have set ratios of volunteers to children to keep things safe, so that everyone can focus on the fun.

About two weeks before your allocated event we'll let you know your team and the age range of the children you'll be looking after.

Sometimes, we have last minute family drop outs or family applications which means teams can change. We'll always let you know if this affects you as soon as possible.

## Who supports healthcare professional volunteers at the event?

Ahead of the event, we'll pair you up with an experienced volunteer in the same profession. This buddy system allows you to talk to them about what it's like to volunteer in a professional capacity.



At the event there will always be two Diabetes UK staff members, and an experienced Lead Volunteer running the event, plus an experienced Lead HCP Volunteer who is responsible for all things diabetes. They're there to ensure the events run smoothly and that all children are managing their diabetes in the safest way. The Lead HCP Volunteer will have a lot of previous volunteering experience and will contact you prior to the event to introduce themselves and answer any questions you might have.

During the event the Lead team will be on hand to help and answer any further questions that might come up. Don't forget, you'll be surrounded by a group of fantastic returning HCP and general volunteers who are very friendly and have a huge amount of experience with us at Diabetes UK.

## What is the time commitment?

Your role on the event is key to supporting the children and families to increase their confidence and knowledge to manage Type 1 – and feel positive about the future. This means every minute counts, so we ask that you're able to commit to the full weekend. This includes arriving on time for the 12pm training on the Friday which is essential to ensure the event runs safely and well. We can provide accommodation on the Thursday night if required and lunch is available on the Sunday.

**Duration:** 3 days

**Arrive:** Friday, 11.30am

**Meet the team/training:** 12pm

**Families to arrive:** 4pm onwards

**Activities start:** 5pm

**Needed on-site:**

**Friday** 12pm to 9pm

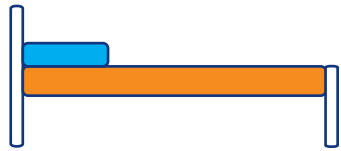
**Saturday** Breakfast to bedtime

**Sunday** Breakfast to 1pm

**Depart:** 1pm onwards

## Where do I sleep and what will I eat?

All food and accommodation is provided when you volunteer for the weekend. And there's so much food and hypo treatment you'll never go hungry. All meals are balanced and all dietary requirements can be catered for if we're told in advance.



We will provide you with a single room, but if you're willing to share with another volunteer this helps reduce the cost of the event. Just let us know.

## Will I receive any training?

Absolutely. Training begins at 12pm on the day of the event and ends at 3pm. It'll cover elements such as behaviour support and safeguarding, as well as an overview of diabetes management and information on all of our procedures to keep everyone safe. There will also be time with your team so you know who you'll be working with over the weekend.



We'll need you to complete some online safeguarding and event specific training before the event. You'll receive a link to this three months before and we ask that you complete the training at least two weeks prior to the event.

You'll also receive a Volunteer Handbook before you arrive which includes our Clinical Governance Framework and gives you all the information you need to prepare for volunteering with Diabetes UK.

## What should I wear?

Event life is pretty full on. It's packed with both indoor and outdoor activities so you'll need clothes for every eventuality. Think rain coats, trainers or boots, and those clothes that you won't mind getting a bit dirty. From the time families arrive, we'll need you in your team's Diabetes UK t-shirt which we will provide.



A full suggested packing list is in the Volunteer Handbook.

## Will you pay for my travel to and from the event?

Of course we can cover reasonable travel expenses. If you are travelling by train, it would be great if you can book tickets in advance, to help keep our costs down.



You'll be making your own way to and from events but if it's easier, we can book travel for you. Just ask.

## Is professional insurance provided?

All registered HCPs who volunteer on our events are covered by Diabetes UK's medical malpractice insurance.

## I still have questions, who do I contact?

If you still have any questions or you'd like to know more, we'd love to hear from you. Please email [type1events@diabetes.org.uk](mailto:type1events@diabetes.org.uk) or call **0345 123 2399\*** between 9am and 6pm.

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[www.diabetes.org.uk](http://www.diabetes.org.uk)

\*Calls may be recorded for quality and training purposes.

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